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## Apple Strudel

(Basic Dough Recipe)

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### Ingrediens:

#### Ford Strudel Dough

140 g	Spelt Flour
6 Tsp.	Water
2 Tsp.	Olive Oil
2 tsp.	Vinegar
½ tsp.	Sea salt
2 Tsp.	Buttermilk

### Preparation

- Grind the spelt with the grain mill to fine flour
- Dissolve sea salt dissolve in water, combine with oil and vinegar, and warm to 40 ° C.
- Work in the freshly ground spelt flour
- Knead the dough for 5 minutes and shape into a ball; wrapped in foil and leave it for about 30 min. in a warm place.
- Sprinkle a little bit of flour on a cotton kitchen towel, using a rolling pin roll dough into a 35 x 30 cm very thin plate.
- Depending on what kind of strudel you make, spread the filling evenly, keeping the ends of the dough as small as possible.
- Use the kitchen towel to roll the dough with the filling as tight as possible. Fold the short end of the dough onto the filling.
- Place the rolled strudel onto a greased baking sheet, pull again gently into shape, and coat with buttermilk.
- Bake approx. 30-40 min at lower and upper heat 200 ° C on middle rack, hot air 180 ° C on middle rack height, gas mark 2-3 on lower shelf.

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## Apple Strudel

(Filling)

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### Ingrediens:

#### For Strudel Dough

<i>½ tsp.</i>	<i>Cinnamon</i>
<i>100 g</i>	<i>Skim curd cheese (creamy)</i>
<i>1 Tsp.</i>	<i>Lemon juice</i>
<i>2 Tsp.</i>	<i>Honey</i>
<i>2 Tsp.</i>	<i>Raisons</i>
<i>2 Tsp.</i>	<i>Almonds</i>
<i>3</i>	<i>Apples (approx. 450 g)</i>
<i>2 Tsp.</i>	<i>Millet flakes or rice flakes</i>
<i>1 Tsp.</i>	<i>Butter</i>
<i>20 g</i>	<i>Skim yoghurt</i>

### Preparation

- Preheat oven to 200° C.
- Blend cinema, curd cheese, honey, and lemon juice.
- Wash raisons, if necessary pre-soak them.
- Chop Almonds coarsely.
- Core Apples and cut into small cubes; add to curd cheese mix.
- Roll out dough very thin to a 20 x 35 cm piece, place on kitchen towel, brush with butter, leaving a 1 cm wide rim.
- Sprinkle with millet flakes
- Spread Apple filling evenly on the dough, sprinkle generously with raisons and almonds.
- Use the kitchen towel to roll the dough with the filling as tight as possible. Fold the short end of the dough onto the filling.
- Place the rolled strudel onto a greased baking sheet, pull again gently into shape, and coat with the yoghurt.
- Bake approx. 30-40 min at lower and upper heat 200 ° C on middle rack, hot air 180 ° C on middle rack height, gas mark 2-3 on lower shelf.

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## Vanilla Ice Cream

(Topping)

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### Ingredients:

4	<i>Egg yolks</i>
10 g	<i>Honey</i>
1 tsp.	<i>Vanilla</i>
1 pinch	<i>Sea salt</i>
200 g	<i>Sweat cream</i>

### Preparation

- Put the egg yolks into a bowl with the rest of the sugar and beat with an electric hand beater for about 2 minutes until the mixture has thickened, is paler in color, and falls in thick ribbons when you lift the beaters.
- Heat the cream and milk over a low heat, stirring occasionally, until it almost boils
- Blend milk, continuously stirring, under the egg yolk mix.
- Let the mixture cool.
- Whip the cream, carefully lift under the cooled cream base, and freeze in the ice machine freeze until desired consistency is reached.