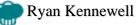


# SWEET BERRY STRUDEL WITH VANILLA BEAN ANGLAISE



Brent Hughes



 Sub Category Name Food Main Courses

 Recipe Source Name Real High Tea 2014/15 Volume 2

0 made it | 0 reviews

## Ingredients

## SWEET BERRY STRUDEL WITH VANILLA BEAN ANGLAISE Fresh Apple Berry Strudel Pastry

- 250g flour
- Salt, pinch
- 1 egg yolk
- 125ml warm milk
- 30g melted butter

## Filling

• 1.5kg green apples



- 150g sugar
- 175g sultanas
- 2g cinnamon
- 150g apricot jam
- 100g butter
- 125g fresh breadcrumbs

### Vanilla Bean Analgise

- 500ml milk
- 500ml cream
- 125g sugar
- 9 egg yolks
- 1 vanilla pod

## **Methods and Directions**

## SWEET BERRY STRUDEL WITH VANILLA BEAN ANGLAISE Fresh Apple Berry Strudel

- Sift flour and salt into a bowl and make a bay.
- Then add your milk, egg yolk and melted butter.
- Mix to a smooth dough and rest for 30 minutes.

#### Filling

- Peel and core apples then slice thinly into a bowl.
- Add the sugar, sultanas, cinnamon and apricot jam. Mix well.
- Wrap it and set aside for later.
- Melt 100g of butter in a saucepan then add the breadcrumbs and cook until golden brown.

#### To Finish

- Roll pastry into a square then place a tablecloth over a bench and place thinly rolled pastry on top. You need to pull the pastry from all sides until it's very thin and transparent.
- Sprinkle with breadcrumbs and then place the apple mix around and roll gently but make sure the strudel is tightly rolled.
- Place on a greased tray and then grease your strudel and bake at 190C till golden and cooked through.

## Vanilla Bean Analgise

• Place milk and cream in saucepan, add the vanilla bean and bring up to a boil.



- Place eggs and sugar in a bowl and mix.
- Pour the milk through a strainer into a bowl, then very slowly pour half the milk into the egg mix while whisking.
- Once it becomes thin, pour the egg and milk into a new pot and stir over a very low heat for 15 minutes or until slightly thickened.
- Place in the fridge to cool.

ALL RIGHTS RESERVED © 2025 Dilmah Recipes| Dilmah Ceylon Tea Company PLC Printed From teainspired.com/dilmah-recipes 03/04/2025