



THE Traveling Fork

- BILL BLACKWELL



This summer, Marcia and I went on a Viking River Cruise that traversed five European countries. Our cruise began in Budapest, Hungary and followed the Danube and several other central European rivers through Austria, Slovakia, Germany, and the Netherlands, ending in Amsterdam. We ate various dishes prepared by the Viking chefs that were sourced from the countries we passed through.

This recipe for Apple Strudel came from the Viking Chef's collection. It is a recipe dating from the 18th century Hapsburg Empire of Austria. It is considered the national dish of Austria.

Continued



INGREDIENTS

Pastry

1/4 cup plus 1 1/2 tbsp warm water
1 3/4 tbsp sunflower oil, plus extra for bowl
1/2 tsp vinegar
1/8 tsp salt
1 cup plus 2 1/2 tbsp flour, plus extra for dusting

Filling

1/2 cup of sugar
1/4 cup of walnuts, finely chopped
1/2 cup of raisins
1/2 tsp of lemon zest
1 tsp cinnamon
2 or 3 Pippin or Granny Smith apples, chopped
2 tbsp unsalted butter, melted
1 tbsp breadcrumbs

DIRECTIONS

Combine water, oil, vinegar, and salt in a large bowl. Mix in half of the flour with a spoon. Mix in remaining flour, first with a spoon, then with your hands. When the dough becomes a smooth ball, transfer to a lightly floured surface and knead vigorously for 10 minutes, slapping onto the surface every now and then. Dough should be moist but not sticky; add flour as needed.

Rinse a large bowl with warm water; dry and coat with oil. Form dough into a smooth round ball and place in bowl, coating surface of dough with oil. Cover tightly with plastic wrap and let it rest for 1 hour at room temperature (or refrigerate for 3 days, bringing up to room temperature before proceeding with recipe).



Punch the air out of the dough and transfer to a clean floured kitchen towel. Lightly dust top with flour and roll out to about 14x17 inches.

Pinch any tears in the dough to seal. The dough will be quite thin...*don't overhandle!*

Keeping dough on towel, set aside. Place sugar, walnuts, raisins, lemon zest and cinnamon in a medium bowl, stirring to combine. Peel, core, and chop apples into small chunks. Add to bowl and toss to combine.

Lightly brush dough with melted butter. Sprinkle with dry breadcrumbs. Add apple mixture down center of dough leaving a 1 inch margin around the filling. Fold in 1 inch along 3 sides of dough, leaving one long side unfolded. Moisten all edges lightly with water. Using towel to assist you, roll dough

toward unfolded edge to enclose filling. Press gently along seam and sides to seal.

Using towel as a sling, transfer strudel seam-side down to a cookie sheet. Gently remove towel. Brush lightly with remaining butter, Prick sparingly along top with a fork. Bake about 30 minutes at 375°F, or until golden brown. Remove from heat and let cool for 10 minutes. Cut crosswise into 12 pieces.

Prep time-2 hours; cook time 30 minutes; makes 12 servings.

NUTRITIONAL INFORMATION PER SERVING - CALORIES 211 ; FAT 11 Grams; CHOLESTEROL 5 mg; SODIUM 198 mg; CARBOHYDRATES 29 grams; PROTEIN 2 grams

