

# Apple Strudel

Senior Center Workshop  
April 17<sup>th</sup>, 2026

## What is an *Apple Strudel*, often called *Apfel Strudel*?

The dessert consists of a thin, stretched dough (filo-like) stuffed with spiced apples, raisins, and nuts, typically served in cafes across Vienna.

- **Cultural Origin:** Austria, specifically Vienna.
- **Influences:** The paper-thin pastry technique is likely derived from Turkish, Balkan, or Middle Eastern influences (like baklava).
- **Oldest Recipe:** A handwritten recipe dated 1696 is kept at the Vienna Town Hall Library.
- **Popularity:** It is a staple of the former Austro-Hungarian Empire, widely popular in Austria, Bavaria (Germany), and Northern Italy.

## We will experience this original recipe and will try my own version of it.

Unlike the original recipe we will not be using Filo dough but puff pastry instead which makes it a "fake" Apple Strudel, we could therefore call it a "Baked Apple in Puff Pastry". This is the pastry that I sell at the Farmer's Market.

### My Swiss Chef Recipe

**Ingredients:** 6 portions

650g – 23 oz	puff pastry
3 pieces	gala apple
1/3 cup	raisins
150g – 5 ¼ oz	Marzipan or ground almonds
1 tsp	cinnamon
2 tbsp	sugar
1 piece	lemon juice
1 piece	egg
1 tbsp	cream 33%

### Directions:

- peel the apples and cut them in half
- remove the core, add lemon juice and keep in the fridge
- roll down the puff pastry in a rectangle of 10 inches by 19 inches
- cut it lengthwise into two rectangles: 4 inches wide and 6 inches wide
- fold the 6 inches rectangle and cut stripes all along it
- unfold and keep in fridge
- mix the egg and the cream together and baste the rectangle that is 4 inches wide
- apply lengthwise in the middle of this rectangle a strand of Marzipan
- sprinkle raisins over it and add sliced apples on top all the way along the dough
- sprinkle with sugar and cinnamon and add few small slices of butter
- take the puff pastry dough that is 6 inches wide and baste it with egg wash
- baste the first rectangle (4 inches wide) one more time and cover it with the second rectangle
- using your fingers, apply a gentle push on the side of the Strudel to make sure that both layers are well glued together
- baste one more time the top of the strudel
- keep it in fridge for 20 minutes then bake in the oven at 395°F for 45 minutes

### Original Recipe

#### Ingredients:

5 sheets	filo pastry
100g – 3 ½ oz	butter
5 pieces	gala apple
1/2 cup	raisins
150g – 5 ¼ oz	ground almonds
1 tsp	cinnamon
2 tbsp	sugar
1 piece	lemon juice
1 piece	egg
1 tbsp	cream 33%

#### Directions:

- peel the apples and cut them in half
- remove the core, add lemon juice
- dice the apple and then add sugar, ground almonds, cinnamon, raisins; keep in fridge
- melt the butter in the microwave for 15 seconds
- baste each sheet of filo dough with butter before putting them on top of each other
- display the largest side of the dough in front of you and mentally divide it in half lengthwise
- spread the apple mixture on the first half of the dough
- baste one side of the dough with egg wash
- start rolling the dough very tight toward the basted side
- baste the roll with the melted butter
- keep it in fridge for 20 minutes
- baste the roll with egg wash one more time and then bake it in the oven at 395°F for 45 minutes
- serve warm with delicious vanilla sauce