



UNIT 10 - Recipe 29

Apple and Pear Strudel Made From Potato Dough

for 2 - 4 Persons

Quantity / Ingredients

250 g cooked floury potatoes
60 g flour
50 g rolled oats, fine
1-2 tbsp vegan crème fraîche
salt
20 g vegan butter
200 g tart apples (e.g. Boskop)
100 g pears
3 tbsp sugar mixed with 1 pinch of
cinnamon
1 cl rum (if desired)
a few drops of lemon juice
35 g raisins

Potatoes The German's favorite tuber is low in calories, compared to rice or pasta only about half the calories, contains about 78% water. It contains vitamin B+C, potassium, calcium, phosphorus and magnesium. It is very versatile.

Preparation:

- Pre-cook the floury potatoes. Leave the boiled jacket potatoes to cool, peel and press through a potato ricer. Melt the vegan butter over hand heat and add to the potatoes with the flour, oat flakes, vegan crème fraîche and salt. Knead everything into a smooth dough, shape into a roll, cover and leave to stand for 20 minutes.
- Cut out and peel the apples. Remove the cores from the pears and peel them. Cut both into thin slices.
- Roll out the dough to the thickness of a finger on a floured work surface. Tip: If the dough is too wet, add a little more flour. Sprinkle with apples, pears, raisins and cinnamon-sugar and drizzle with rum and lemon juice. Brush the edges of the dough with egg and roll up the dough. Press the ends of the strudel down firmly and place on a buttered baking tray, brush the surface with egg and bake in a preheated oven at 180° for approx. 50-60 minutes. Sprinkle with powdered sugar and serve warm.





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