



Apple strudel with semolina

30'

Hands on

50'

Cook Time

6-8

Portion(s)

2

Difficulty



Method

For the cream

- In a **pot**, add the milk, sugar, and vanilla extract, and place it over medium heat until it comes to a boil.
- Peel the apples, remove the pits and **cut** the in small cubes. Pour the lemon juice, mix and set aside.
- Add the semolina to the pot and mix with a ladle for 2-3 minutes until the mixture boils and thickens.
- Remove from the heat, add the butter and mix until it melts.
- Add the apples, yolks, lemon **zest** and mix well.
- Transfer the cream to a **bowl**, cover with plastic wrap and place it in the refrigerator for 3-4 hours. Make sure that the plastic wrap applies well on the cream so that there won't be any crust on the surface of the cream.

To assemble

- Preheat the oven to 170° C (338° F) set to fan.
- Spread a phyllo sheet on your working surface and drizzle with melted butter and sugar. Spread the second sheet and make sure that it is placed on the first sheet, on its longer side. Press with your hands, so that the sheets stick together. **Drizzle with butter** and sugar.
- Follow the same process for the other 2 sheets too.
- Spread the cream lengthwise on the longer side, by leaving a 2cm gap on the circumference.
- Roll until there is one big roll. Drizzle with the remaining butter and sugar, and transfer to a **baking pan** lined with parchment paper.
- Bake for 50 minutes.
- Set aside for 10-15 minutes to cool completely.
- Serve with icing sugar, cinnamon, **whipped cream**, and mint leaves.

Ingredients

For the semolina cream

- 500 g whole milk
- 130 g granulated sugar
- 1 teaspoon vanilla extract
- 100 g fine semolina
- 50 g butter, frozen
- 3 yolks from medium eggs
- zest from 1 lemon

To assemble

- 350 g phyllo dough
- 1 green apple
- 1 red apple
- juice from ½ lemon
- 100 g butter, melted
- 60 g granulated sugar

To serve

- icing sugar
- cinnamon
- **whipped cream**
- mint leaves

Διατροφικός πίνακας

Nutrition information per portion

447 Calories (kcal)	16.0 Total Fat (g)	8.3 Saturated Fat (g)	67.0 Total Carbs (g)
22%	23%	42%	26%
32.0 Sugars (g)	8.8 Protein (g)	1.7 Fibre (g)	0.24 Sodium (g)
36%	18%	7%	4%