

Fruit strudel (Desserts)



Preparation

Cut the fruit into cubes, taking out the core or other non-edible material. Sautee the fruit with butter, sugar and cinnamon. Fill the pastry with the cooked fruit in such a way that you can fold over the pastry and seal it back on itself, forming a roll. Prick the strudel with a fork. Bake at 220 °C for about 20 minutes.

Tips

Why not try a savoury version of the strudel? You can fill it with whatever you like: ham and cheese, meat, or vegetables.

Trivia

In German the word 'strudel' means 'whirlpool' because it brings to mind the shape of this famous dessert - whose origins, curiously, are not Germanic but Byzantine. In Italy eating strudel is widespread, particularly in Trentino where it is prepared with the famous apples from the Val di Non.

Information

Preparation 20 minutes

Total Time 30 minutes

Serves X Serves 6 persons

Level of difficulty Easy

la terra di Puglia



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Ingredients

Puff pastry 300 grams

Apples 40 grams

Peaches 40 grams

Apricots 40 grams

Plum 40 grams

Pear 40 grams

Butter 20 grams

Cinnamon

Sugar 100 grams