

# Apple Strudel and Vanilla Custard

## NUTRITION (PER SERVING)

Energy	285kcal	Saturated Fat	8g
Salt	0.4g	Sugars	34g
Fat	8g		



SERVES

4

## CUSTARD INGREDIENTS

- 110ml skimmed milk
- 6g custard powder
- 5g granulated white sugar
- Drop of vanilla essence

## STRUDEL INGREDIENTS

- 350g apples
- 40g caster sugar
- 20g sultanas
- ½ tbsps ground nutmeg
- 400g ready-made puff pastry
- 1 egg white, beaten
- Zest and juice from half an orange

## INSTRUCTIONS

1. Combine apples, sugar, sultanas, orange juice, zest and nutmeg. Set aside.
2. Place pastry across a lined baking tray with pastry hanging over tray edges. Lightly score pastry lengthwise into 3 sections.
3. Brush pastry with egg. Spread half of the fruit mixture in the centre third of the pastry. Fold one side of the pastry over the fruit mixture and press to seal.
4. Top with the remaining fruit mixture. Fold the remaining side of the pastry to cover and press to seal.
5. Brush the pastry top with remaining egg. Score the top with a knife.
6. Bake at 175C for 45 minutes until pastry is golden brown and firm on the bottom.
7. Remove from the oven and let stand for 10 minutes before slicing.
8. For the custard, mix the custard powder and sugar with a little milk to form a smooth paste.
9. Heat the remaining milk to nearly boiling and add to the custard mix, stirring well.
10. Whisk in the vanilla essence.
11. Return the custard mix to the saucepan and stir continuously until the mixture is brought to the boil.
12. Remove from the heat and leave to stand for 1 minute before serving.
13. Cut pastry into even slices. Serve each slice with 25ml of vanilla custard.