

## **Tulane Eats! Apple strudel**

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In the final installment of Tulane Eats! Travis Johnson, district executive chef of Tulane University Dining Services sweetens the meal with an apple strudel. See the recipe below.

Tulane Eats! is a series of short videos that guide viewers through the creation of popular southern recipes as they are prepared by the chefs of Tulane University Dining Services. See the first three recipes here:

[Tulane Eats! Shrimp Remoulade](#)

[Tulane Eats! Sweet potato hash](#)

[Tulane Eats! Osso buco](#)

Each video is shot in the teaching kitchen of the Barbara Greenbaum House on the uptown campus and is produced by social and digital media coordinator Lesley Simpson and university photographer Sally Asher.

## **The recipe:**

### **Apple Strudel (Yields 4-6)**

#### *Ingredients:*

- Chopped Walnuts:
- 1 tablespoon unsalted butter
- 1 oz chopped walnuts

*Preparation:*

- Melt butter in skillet, low. Add walnuts and allow sweating for 3-5 minutes on low. Toss and set aside.

**Spiced Apple Filling:**

*Ingredients:*

- 8 oz premium apple filing
- 1 teaspoon cinnamon
- $\frac{1}{4}$  tsp nutmeg
- $\frac{1}{4}$  cup warm water

*Preparation:*

- Heat medium skillet on med/low. Add apple filling, cinnamon and nutmeg. Add water and reduce heat to low. Allow to simmer for 3-5 minutes. Set aside.

**White Chocolate Caramel Orange Rum Sauce (Yields 2 cups)**

*Ingredients:*

- $\frac{1}{2}$  lb unsalted butter
- $\frac{1}{2}$  lb light brown sugar
- 1 tbsp vanilla extract
- 1 tablespoon rum or bourbon of choice

- 1 oz white baking chocolate
- ½ cup egg nog
- ½ orange

*Preparation:*

- In a medium saucepan, melt unsalted butter on medium heat
- Add brown sugar, whisk together. Add vanilla and rum, bring to boil. Allow to boil for 1 minute while whisking.
- Add egg nog, continue to whisk. This will help cool the sauce
- Return temperature to low, add 1 oz white baking chocolate, whisk until chocolate is fully melted.
- Add ½ orange, allow orange too steep for 20 minutes.

**Strudel**

*Ingredients:*

- 1 puff pastry sheet (Pepperidge Farms, grocery freezer)
- 2 oz pound cake cut into ½ x ½ cubes
- 8 oz apple filling (prepared earlier)
- 1 oz chopped walnuts (prepared earlier)

- 1 oz golden raisins
- 1 medium egg
- ½ teaspoon white sugar
- Spray pan or use pan liner

*Preparation:*

- Place puff pastry sheet down and make 11 even cuts on each side (see video) cuts should be about  $\frac{3}{4}$  inch wide. Puff pastry should have three equal sections, one on the left and one on the right with the cuts and the middle left for the filling
- Add pound cake to down the middle of the puff pastry
- Add spiced apple filling
- Add golden raisins
- Add chopped walnuts
- Begin braiding dough, see video.
- Brush top and sides of the strudel with egg wash & dust with white sugar
- Spray or line a cookie sheet, place strudel on pan
- Bake in pre-heated oven at 350 degrees for 30-35 minutes or until golden brown

- Allow to cool.
- Slice, ladle white chocolate caramel orange rum sauce and enjoy!