

Holiday Recipe with safe baking practices

sample6

Sample6 wishes everyone Happy Holidays

Salted Caramel Apple Strudel

Ingredients for the caramel sauce:

- 75g unsalted butter
- 100g of brown sugar
- 50g golden syrup
- 150mL heavy cream
- Salt

For the strudel:

- 4 ripe apples, peeled and cut into bite-sized chunks
- 50g golden raisins
- ½ tsp. ground cinnamon
- ½ tsp. ground ginger
- 1 pack puff pastry
- 1 tsp. milk
- 2 tbsp. sugar
- 2 tbsp. chopped almonds

Preparation:

Pre-heat oven to 350°F and remove pastry from the fridge.

For the Caramel: Heat the butter, sugar and syrup in a large saucepan. Once the butter is melted, cook for 2-3 minutes. Add the cream, stir until incorporated then add a pinch of salt. Taste and add salt as desired.

Place apple pieces in a pan and mix to coat in caramel. Cook over medium heat for 10 minutes until apples are soft but not falling apart. Remove the caramel with a slotted spoon and set aside. Bring the caramel back to a simmer and cook until it becomes thick and syrupy again, then set aside

Transfer the pastry to a greased baking tray with one of the long sides closest to you.

Spoon the apple on to the front half of the pastry, leaving a 1.5inch gap around the edge. Sprinkle over the raisins and spices then drizzle with 3 tbsp. of caramel. Roll the pastry up, tucking in the ends as you go. Brush the top with a little milk and sprinkle with sugar and almonds. Cut a few slashes into the top of the pastry.

Bake in the oven for 25 minutes until its brown and crisp. Let to cool, lightly warm the reserved caramel. Cut diagonal slices and serve with a drizzle of warm caramel and some crème fraiche.



Safe Baking Practices



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Four easy safe baking tips

1 Don't eat raw cookie dough, even if it doesn't contain eggs.

You never know when there could potentially be harmful bacteria in the uncooked dough.

2 Wash hands often.

Especially when handling eggs. Wash your hands with water and soap. Be sure to wash between the fingers and thumbs for at least 20 seconds.

3 Don't let dairy and other perishable ingredients sit on the counter for too long.

Don't forget bacteria likes the warmth. Store eggs in their cartons and keep milk and eggs in the fridge until they need to be used.

4 Keep countertops and utensils clean.

Wash dishes, baking sheets and counter tops with soap and water. For safer, cleaner countertops a mild bleach solution may be used.

