



Apple and Pear Strudel with Custard

Serves: 8

INGREDIENTS

- 365g Diced Apple
- 300g Sliced Pear - cut into 2cm dice.
- 60g Icing Sugar
- ½ tsp Cinnamon
- 250g Frozen Puff Pastry - thaw and cut into the size required.
- 1 Egg - crack and beat
- 30g Brown Sugar
- 365 ml Full Cream Milk
- 35g Caster Sugar
- 70g Custard Powder

METHOD

1. To prepare the Apple and Pear Strudel with Custard: Preheat an oven to a moderate temperature - 160°C
2. In a mixing bowl, place the apples, pears, icing sugar, cinnamon and vanilla essence, mix to thoroughly combine. Set to one side.
3. Lay out the puff pastry on a clean surface and brush the face up side with the egg.
4. Evenly lay the apple and pear mix along one edge of the sheet, leaving a 5cm border at each end. Fold in the borders and roll up the puff pastry so that the apple and pear filling is tightly encased in the pastry. Place the strudel onto a lightly greased baking tray seam side down.
5. Brush the top of the strudel with the remaining egg mix. Then evenly sprinkle the brown sugar on top of the strudel, place the strudel into the oven and bake for 25 minutes or until the apple and pear mix is heated through and the pastry is crisp and a light golden brown. Remove from the oven.
6. Over a moderate heat, in a suitably sized saucepan, place 2/3s of the milk, bring to a gentle simmer.
7. In a mixing bowl, place the remainder of the milk, caster sugar and custard powder and mix to a smooth consistency.
8. Add the custard powder mix, to the hot milk and mix to thoroughly combine, bring up to the boil, stirring continuously, then reduce the heat and gently simmer, until the custard has thickened. Remove from the heat.

TO SERVE

Leave to cool for at least 20 minutes before cutting. Dust with icing sugar. Portion into 8 servings and serve with custard.