

Oma's Strudel Recipe

This past summer my niece, Tammy, visited us from Redland Alberta. We had not seen each other for a number of years, so there was some catching up to do. One of the conversations was about food and how we all loved Oma's strudel. Tammy asked me if I knew how to make strudel and I told her that I did have the recipe. Her eyes lit up and she asked if we could make some, which we did. It was a great success. Tammy is now making strudel for her own family and will be thinking of Oma when doing so.

STRUDEL

3 cups flour + ¼ to ½ cups more to knead and roll out the dough
1 ¼ cups water (more or less)
1 tsp salt
oil in non-stick, deep frying pan
slices of potatoes and 1 or 2 bay leaves
some diced onions

Make a soft dough with flour and water. Divide dough into four or more parts, form into smooth balls, and roll out into circular shapes like large pancakes (about 8 inches) then cover top lightly with oil. Be sure to have a good coating of flour on the underside to prevent them sticking to the surface of counter.

Cover the rolled-out dough with plates or lids and **let rest for about an hour or more.**

Stretch out the dough into a thin sheet with your hands. Try to avoid any tears/holes and pinch the edges to make the dough thinner on the edges as well. Loosely roll up the stretched dough, into a long rope shape and cut into pieces of about 3 inches and place them into the frying pan that has been heated with **a little oil, salt, and about ¾ inches deep of water.**

Top with **slices of peeled potatoes, diced onion, and bay leaves.**

Cover with a tight-fitting lid and simmer slowly for about 25 minutes.

Do not lift the lid. It is helpful to use a glass lid so that you can see if water is still boiling or has evaporated.

Serve with chicken or other meat dishes.



Make the dough
Form into smooth balls
Roll out the dough and let rest for an hour
Stretch dough into a thin sheet
Roll up and cut into small pieces
Add to prepared pan, cook, and enjoy

