KIKKOMAN

Winter beet and apple strudel

Total time **85 mins** **15 mins** preparation time **40 mins** cooking time **30 mins** proving time

Nutritional facts (per portion):
4,048 kJ / 967 kcal

Fat: **38.7 g** Protein: **20 g**
Carbohydrates: **134.9 g**

INGREDIENTS

2 portion(s)

Cake:

30 ml	rapeseed oil
150 g	wheat flour
1 tsp	rice vinegar
30 ml	water
1	egg

Filling:

40 g	butter
40 g	semolina
1	apple
1	boiled beetroot
1 pinch	cinnamon
1 tbsp	vanilla extract
1 pinch	cardamom
40 ml	Kikkoman Mirin-Style Sweet Cooking Seasoning
40 g	raisins
1 tsp	ginger
30 ml	Kikkoman Naturally Brewed Soy Sauce

Sauce:

20 ml	Kikkoman Naturally Brewed Soy Sauce
60 ml	honey
30 ml	Kikkoman Mirin-Style Sweet Cooking Seasoning
20 ml	sake

PREPARATION

Step 1

Cake:

30 ml rapeseed oil - **150 g** wheat flour - **1 tsp** rice vinegar - **30 ml** water

Mix the ingredients for the pastry thoroughly with half the oil for about 10 minutes by hand or 3 minutes in a food processor. After kneading the dough, form a ball, place it in a bowl and coat with the remaining oil. Let stand, covered, for 30 minutes.

Step 2

Filling:

1 boiled beetroot - **1** apple - **40 g** raisins - **40 g** butter - **40 ml** Kikkoman Mirin-Style Sweet Cooking Seasoning - **30 ml** Kikkoman Naturally Brewed Soy Sauce - **1 pinch** cinnamon - **1 pinch** cardamom - **1 tbsp** vanilla extract - **40 g** semolina

Grate the beetroot on a coarse grater, wash and thinly slice the apple, mix in a bowl, add the raisins, then heat the butter and fry the fruit for 10 minutes.

In a separate bowl, mix the Kikkoman Mirin-Style Sweet Seasoning, Kikkoman Soy Sauce, cinnamon, cardamom, vanilla extract and chopped ginger. Add to the fried fruit and mix, adding the semolina (or gris) and beetroot.

Step 3

1 egg

Beat the egg, then roll out the pastry from step 1 thinly. Spread the filling from step 2 on top, roll it up, and brush with the beaten egg. Bake at 190 °C for 30 minutes.

Step 4

20 ml Kikkoman Naturally Brewed Soy Sauce - **60 ml** honey - **30 ml** Kikkoman Mirin-Style Sweet Cooking Seasoning - **20 ml** sake

Put the ingredients in a pan and cook for 5 minutes.

Cut the strudel into 4 pieces (2 pieces per portion).

Place a portion of warm strudel on a plate and pour sauce over it.