

DELOVNI LIST Mobilnost Erasmus+ 2018 Gradec, Avstrija

STRUDELSHOW: PRIKAZ PRIPRAVE JABOLČNEGA ZAVITKA

Cesarica Marija Terezija je jabolčni zavitek, ki izhaja iz Turčije, prvič poizkusila na Madžarskem. Želela ga je imeti na Dunaju, zato ga je vzela »za svojega«. Čez čas je postal tradicionalna avstrijska sladica.

Jabolčni zavitek mora biti izdelan prav po določenem postopku. Sestavine so:

- bela moka tip 705
- voda
- sončnično olje
- malo soli
- jajce.

Vse sestavine zamesimo v gladko testo, ki mora v hladilniku počivati približno eno uro, da se testo odpočije. Ko vzamemo testo iz hladilnika, ga položimo v sončnično olje za približno deset minut, da postane bolj elastično.

Za nadev so potrebna kislj jabolka, ki jih operemo in olupimo, ter narežemo na manjše krlje. Jabolkam dodamo tudi limonin sok, ki zavira oksidacijo jabolk. Dodamo tudi pražene drobtine, cimet, sladkor in v rumu namočene rozine.

Bombažni prt pomokamo, nanj položimo testo, ki ga ob straneh pritisnemo s prsti, da nastane hribček. Razvaljamo ga iz sredine proti robu. Testo vlečemo s pestmi, uporabimo lahko tudi komolec, če ga vlečemo s prsti, se testo lahko raztrga. Testo mora biti tako tanko, da se skozenj vidi časopisni papir. Če nastanejo majhne luknje, jih lahko zapečatimo, pri večjih luknjah je potrebno ves postopek ponoviti. Nadev damo vedno na eno stran ter testo samo zvijemo. Pekač namažemo z maslom in drobtinami. Testo zvrnemo s pomočjo prta na pekač. Da postane skorja bolj hrustljava, ga namažemo z maslom. Jabolčni zavitek pečemo na 180°C približno 30 do 40 minut. Pečica mora imeti vklopljeno ventilacijo.

Od gospe demonstratorke smo izvedeli tudi, da jabolčni zavitek peče že 10 let, in da na dan pripravi okoli 100 do 150 jabolčnih zavitkov.

Odgovorite na vprašanja.

1. Od kod izvira jabolčni zavitek (Apfelstrudel)?
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2. Kdo je uvedel jabolčni zavitek (Apfelstrudel) na Dunaju?

- a) Jožef II.
- b) Marija Terezija
- c) Marija Kristina.

3. Naštejte sestavine za testo jabolčnega zavitka (Apfelstrudel).

- _____
- _____
- _____
- _____

4. Katera jabolka uporabljajo za pripravo zavitka?

- a) sladka
- b) kisl
- c) skoraj dozorela.

5. Zakaj testo počiva v hladilniku?

6. Ko dajo testo iz hladilnika, ga položijo v :

- a) olivno olje
- b) laneno olje
- c) bučno olje
- d) sončnično olje
- e) mandljevo olje.

7. Naštejte sestavine nadeva.

8. Kakšen mora biti prt?

9. Napišite pravilno zaporedje priprave jabolčnega zavitka.

- namastimo pekač
- vlečemo testo
- zamesimo testo

- pripravimo delovno površino
- naredimo nadev
- zavitek damo v pečico
- testo razvaljamo
- testo damo v hladilnik
- testo premažemo z maslom
- na testo položimo nadev
- testo položimo v sončnično olje.

10. Koliko jabolčnih zavitkov v kavarni Schönbrunn naredijo na dan?

- a) od 100 do 150
- b) od 20 do 50
- c) od 200 do 250.



Prejem potrdila o sodelovanju pri pripravi jabolčnega zavitka

STRUDELSHOW: THE DEMONSTRATION OF PREPARATION OF APPLE STRUDEL

Maria Theresa took a bite of strudel (Applestrudel), that originates in Turkey, for the first time in Hungary. She wanted to have it in Vienna, therefore she accepted it »for her own«. It became traditional dessert after time. Applestrudel must be made according to the regular procedure.

The ingredients are:

- white flour type 705
- water
- sunflower seed oil
- some salt
- an egg.

All listed ingredients must be kneaded in smooth dough, that should rest in the refrigerator for an hour, so that dough takes a rest. When the dough is taken from the refrigerator, it is put down into sunflower seed oil for approximately ten minutes which causes better elasticity of the dough.

For stuffing sour apples are needed. They must be washed, peeled, and sliced into smaller segments. The apples lemon juice is also added, to slow down the oxidation of apples. Then we add roasted crumbs, cinnamon, sugar and raisins soaked in rum.

The cotton cloth should be floured, dough is put on it, and pressed with fingers at the sides, so that a hillock occurs. The dough is rolled from the middle towards the edges. The dough should be pulled with fists, because if fingers are used, the dough tears up, we can use also elbows. The dough must be so thin that newsprint is visible through it. If there are small holes, we can seal them. If larger holes are made, all procedure must repeat again. The stuffing is always put on one side, and the dough is rolled. The baking dish is greased with butter and crumbs. The dough is put on baking tin with a cloth. In order to make the crust crispier, we butter it. Applestrudel is baked at 180°C for approximately 30 to 40 minutes. An oven must have ventilation.

The lady that performed demonstration told us that she has been baking applestrudel for 10 years and that she makes approximately 100 to 150 apple strudels per day.

Answer the questions.

1. Where does applestrudel come from?

2. Who introduced the apple strudel in Vienna?

- a) the emperor Joseph II.
- b) Mary Teresa
- c) Mary Kristina.

3. List the ingredients for the dough of apple strudel:

4. What kind of apples are used for applestrudel?

- a) sweet
- b) sour
- c) almost ripe.

5. Why should the dough rest in the refrigerator?

6. When the dough is taken from the refrigerator it is laid in :

- a) olive oil
- b) linseed oil
- c) pumpkin-seed oil
- d) sunflower oil
- e) almond oil .

7. List the ingredients used for stuffing.

8. What should the cloth be like?

9. Put the numbers for preparing applestrudel in the correct order.

- graze baking sheet
- drag the dough
- knead the dough

- prepare a work surface
- make the filling
- place the strudel in the oven
- roll out the dough
- place the dough in the refrigerator
- coat the dough with butter
- the lay the filling on the dough
- place the dough in sunflower oil.

10. How many applestrudels are made per day?

- a) from 100 to 150
- b) from 20 to 50
- c) from 200 to 250.



Zavitek pred peko premažemo z maslom.