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EPISODE 2 - BEEF AND VEGETABLE STRUDEL

Ingredients for 4 serves:

1 roll of puff pastry \approx 40cm x 25cm
200 g minced beef
120 g chopped bacon
2 slices gouda cheese
2 eggs (1 for the mixture and 1 for the egg wash)

1 medium onion
1 medium carrot
1 medium sweet potato (alternatively 1 large potato)
1 smallish zucchini
100 g mushrooms
2 cloves garlic, peeled and crushed

1 tsp rosemary (fresh or dried)
1 tsp thyme (fresh or dried)
1 tsp cumin
1 tsp Ras el Hanout (alternatively $\frac{1}{2}$ tsp mild curry)
1 tsp ground black pepper
1 tsp salt
Black and white sesame seeds as garnish

Method:

Preheat the oven to 180 degrees

Peel and chop the onion
Peel and grate the carrot and the sweet potato
Grate the zucchini (no need to peel it)
Chop the mushrooms
Peel and crush the garlic
Strip the leaves off the thyme
Strip and chop the rosemary

Place all the vegetables in a large mixing bowl
One after the other, add the minced beef, bacon, 1 egg and all the herbs & spices
Mix well by squeezing the filling through your fingers and simultaneously stirring

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Spread the puff pastry with its paper on a bench (on baking/parchment paper, if using rolled-out pastry)

Spoon the filling onto the pastry

Flatten and form well into a 5 cm high loaf

Lay the cheese slices over the filling

Wrap the filling with the pastry, stretching it gently where required

Twist and fold the ends up and over the strudel

Cover the strudel with beaten egg and sprinkle the sesame seeds over the top

Prick holes all along both sides with a fork to let steam escape

Bake in the middle of the oven till golden brown (about 45 to 50 minutes, but more like 50 to be safe)

Serve with home made tomato ketchup (or normal ketchup) and chili sauce