

DESSERT

Apple and Pear Strudel

By Nava Atlas

**Meat/Dairy:** Pareve**Time:** 30-60 Minutes**Difficulty:** Intermediate**Health & Allergies:** Vegan*16 servings*

This is incredibly easy and yields a most impressive result—my kind of dessert. As I mentioned in the two other recipes in this book using puff pastry, some name brands are vegan, though admittedly, it's not a health food! Check the label to be sure. Adapted from the forthcoming [*Vegan Holiday Kitchen*](#).

Ingredients

- 2 sheets frozen puff pastry
- 2 medium-large apples, peeled and finely diced (about 1/4-inch dice)
- 2 large ripe bosc pears, peeled and finely diced
- 1/2 cup raisins
- 1/4 finely chopped walnuts, optional
- 1/4 cup natural granulated sugar
- 1 to 2 teaspoons cinnamon, to taste
- 2 teaspoons lemon juice

Directions

Allow the puff pastry to thaw for 45 minutes to an hour. You need to time this pretty precisely—too little and it won't unfold, too much and it will stick to itself. Turn the sheets of puff pastry out onto a parchment-lined baking sheet.

Preheat the oven to 375° F.

Combine the remaining ingredients in a large mixing bowl and stir together well to distribute the cinnamon and sugar.

Divide the apple and pear mixture evenly between the two sheets of puff pastry. Spread evenly to the edges, leaving a one-inch strip at the end further from you. Roll up, jelly-roll style, starting with the side closest to you. The roll should end up seam side down. Make 7 shallow slashes crosswise at even intervals, to delineate 8 slices on each roll.

Bake for 25 to 30 minutes, or until golden and puffed. Remove from the oven and transfer off of the baking sheet to a cooler surface—such as a tea towel spread on your counter—by grabbing two ends of the parchment.

Allow to cool completely or until just warm, then cut each strudel with a sharp knife into 8 slices. Transfer to a serving platter and watch this dessert disappear.

TAGS

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Nava Atlas is the author of ten vegetarian and vegan cookbooks, including [Vegan Soups and Hearty Stews for All Seasons](#) , [Vegan Express](#) , and the forthcoming [Vegan Holiday Kitchen](#) . For hundreds of easy vegan recipes for everyday meals and holidays, visit [VegKitchen.com](#) .

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