



Environment Awards 2008

The City of Burnaby Environmental Awards Program recognizes the outstanding environmental achievements of individuals, groups, organizations and companies in Burnaby.

We are currently seeking nominations for the 2008 Environment Awards in the categories of Communications, Planning and Development, Community Stewardship, Youth, Chemical-Free Lawns and Gardens, and Business Stewardship.

Nominations will be received until April 11, 2008. To get a nomination form, or to find out more information about the Burnaby Environment Awards, check out our website at www.burnaby.ca or call 604-294-7439.

Make a nomination and show your support for Burnaby's environmental leaders.

Keeping tradition

Ilona Schachner offers a taste of Austria, something she's been doing since she was a teen

Local Flavour



MARIO BARTEL/NEWSLEADER

Ilona Schachner, owner of Vienna Treasures on 12th Street, chose a traditional recipe from her homeland of Austria to share with readers. Her bakery/caf e is also traditional. In fact, as a 14-year-old, her first job was working at the same sort of business. Prior to establishing her storefront in New West, Ilona sold her baked goods at farmers markets and festivals.

Ilona's Apfelstrudel

INGREDIENTS

3 cups unbleached flour
 1/4 cup unsalted butter
 1 egg
 1 cup water
 1/2 tsp salt
 1 tsp gluten

Filling:
 6-8 apples
 1/4 cup unsalted butter
 3/4 cups roasted bread crumbs
 3/4 cups raisins
 1/4 cup dried apricots
 1/4 cup chopped pecans
 sugar and cinnamon to taste

METHOD

To make the dough: Soften the butter and egg, salt and gluten in the mixing bowl of an electric mixer. Mixing with the dough hook on low speed, add flour and cold water, ending with the last of the flour to make a soft dough. Knead dough in electric mixer at medium speed until smooth and elastic—about five minutes. Form dough into ball and coat with oil. Cover and leave at room temperature one hour. Cover dining room table with cotton table cloth and sprinkle it with a handful of flour distributing evenly with your hand. Place dough in the centre of table and roll it to form an even surface. Pick it up and on the bottom side with hands formed into a fist pull the dough with one hand from the centre to the outside and continue to repeat this motion all around the dough until it's too large to handle in the air. Place the partially stretched out dough on floured table cloth and continue to stretch and walk around the table pulling the edges of the dough until it covers your table and the thick edges of the dough are hanging over the edge.

For the filling: In a frying pan melt 1/4 cup unsalted butter over medium heat and roast 3/4 cups of breadcrumbs until golden brown. Combine sliced apples, raisins, nuts, ground cinnamon and bread crumbs and distribute over the stretched out dough.

To assemble: Using the cloth to help lift the dough, roll the strudel as you would a jellyroll, starting from one side. Place the strudel, seam side down, in a circle on a sheet pan lined with parchment paper. Brush the strudel with a whisked egg and bake in a 375-degree oven for 35 to 45 minutes.



16th ANNUAL

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