

Fruit Crumble (serves 4)

This is an all-time classic dessert. You can mix it up by using fruits that are in season or simply by using tinned or frozen fruits as well as fresh. Using 320g of fruit in total means that everyone gets one of their recommended five a day.

Ingredients:

Filling

2 Large Cooking Apples
100g blackberries
2 tbsp. water
1 tbsp. sugar

Topping

50g butter
100g flour
50g oats
50g demerara or caster sugar

Equipment:

Weighing scales
Peeler
Chopping board
Sharp knife
Colander
Ovenproof dish
Measuring spoons
Metal spoon
Mixing bowl
Oven gloves

Instructions:

1. Preheat the oven to 180c/160c Fan or gas mark 4
2. Peel and chop the apples into 2cm pieces. Wash the blackberries
3. Place the prepared fruit in the bottom of the ovenproof dish and sprinkle with the sugar and water
4. Make the crumble topping. Place the butter in a mixing bowl with the flour and the oats
5. Using clean hands, rub the butter into the flour until it looks like breadcrumbs. Stir in the sugar
6. Scatter the crumble mixture over the fruit
7. Place on the middle shelf of the oven and bake for 35 - 45 minutes until the crumble topping is golden brown
8. When cooked remove from the oven using oven gloves and leave to cool slightly before serving.

ALLERGENS HIGHLIGHTED IN BOLD>

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