

Autumn Fruit Crumble

This recipe is for apple blackberry and apple crumble but you can use the same quantities and any fruit of your choice.

Ingredients

(This crumble will serve 4 people)

- ▶ 120g plain flour



- ▶ 60g caster sugar



- ▶ 60g unsalted butter



- ▶ 300g cooking apples



- ▶ 115g blackberries



- ▶ ¼ teaspoon ground cinnamon



- ▶ 2 tablespoons golden syrup



Method

1. Weigh out the plain flour and tip it into a large mixing bowl.
2. Make sure the butter is really cold and has just come out of the fridge. Cut it into small cubes, about the size of playing dice and add to to the flour.
3. Using just the tips of your fingers rub the butter into the flour until it looks like damp sand. You can do this in a food processor if you have one but take care not to mix it for too long.



4. When the butter and flour are mixed together stir in the sugar.

Preparing the fruit

1. Peel and chop the cooking apples into chunks, each piece needs to be about the same size as two dice together.
2. Make sure that you have 300g of chopped fruit, the core and peel weigh quite a lot.
3. Tip them into a large saucepan.
4. Add the blackberries and cinnamon- you can leave this out of you do not like it.
5. Then add the syrup - it is a good idea to rub your measuring spoon with a little butter to stop the syrup from sticking to it.
6. Heat gently for about 10 minutes until the juice begins to flow. If the mixture starts to catch on the bottom of the pan add a splash of water.
7. Check to see if it is sweet enough by dipping in a small spoon when the fruit has cooled a little.
8. Add more syrup if necessary.



Cooking the Crumble

1. Tip the cooked fruit into a baking dish -it can be square or round.



2. Spoon the crumble mix on top. I sometimes dot a little extra butter and demerara sugar on top for extra golden crunch!



Putting it in the Oven

- ▶ Place the baking dish on a baking tray to catch any juice that might bubble out!
- ▶ Place it in a pre-heated oven 190 degrees for a normal electric oven, 170 degrees for a fan assisted oven or gas mark 5.
- ▶ Bake for around 30- 40 minutes until the crumble top is golden brown.



Serving Suggestions

- ▶ This crumble is great with custard, cream, ice cream or just on its own.



- ▶ Have fun baking and eating together!
- ▶ Why not try making this crumble with plums, or rhubarb and strawberry , or peaches and raspberries?
- ▶ Please send photos of your finished crumble to the home learning email address.