

Fruit Crumble



Notes A Crumble is a great standby at any time of the year but particularly with all the fresh Autumn fruits such as plums and apples. It is a flexible friend too, not overly fussy about oven temperatures, can be prepared hours before you cook it and even works with fruit straight from the freezer.

Ingredients

Prepared fruit of your choice. For 4 people the equivalent of 3 good size cooking apples peeled and sliced thinly. Arrange in the bottom of an oven proof dish.

6oz Plain flour
3-4 oz butter
3 oz Granulated or caster sugar

Method

Rub the fat into the flour until approaching fine breadcrumbs. I like a more generous fat/flour ratio than for pastry as it makes the crumble crunchier on top. It doesn't matter if it gets a bit lumpy.

Mix in the sugar. Spread evenly over the fruit and push down very gently, just enough to get into any gaps.

Bake at 180°C for approx. 35 minutes until the topping is golden and the fruit juices bubbling up around the edges.

Extra thoughts

To add a different texture to the topping you could mix in demerara sugar or add oats, nuts, seeds, old granola to the mix.

If you want a slightly healthier option put in more fruit and make the crumble layer thinner.

If using frozen fruit they can be quite wet when defrosting while cooking so expect a very juicy pudding. Or defrost first and drain some of the liquid.

Freeze blackberries in September then scatter over fresh apple before adding the topping.