

Fruit Crumble



Seasonal food is the time of year when food is at its best, in terms of flavour or harvest. Many foods are available all year, as they are imported from other countries. In the UK, we can only grow fruits and vegetables at certain times of the year. When local seasonal food is available it tends to be fresher and cheaper as there has been less travel and storage from farm to fork. The fruit crumble you make must contain seasonal fruit from the UK.

Ingredients for Fruit Base:

250 - 300g Seasonal Fresh Fruit e.g. Cooking Apples, Pears, Plums, Rhubarb, Berries

25g Sugar (Caster Sugar or Demerara)



Ingredients for Crumble Topping:

150g Plain or Wholemeal Flour

75g Butter

25g Sugar (Caster Sugar or Demerara)



Please bring an ovenproof dish to assemble your fruit crumble in and a piece of tin foil to cover the dish at the end of the lesson.

Additional Optional Ingredients:

50g Dried Fruit (Base)

30g Oats, Muesli or Cornflakes (Topping)

½ Teaspoon of Cinnamon (Topping)

1 Teaspoon of Orange or Lemon Rind (Base)

Method:

1. Prepare the fruit according to the type of fruit you decide to use, e.g. peel, core and thinly slice apples; wash and stone plums; wash and cut rhubarb.
2. If you are using any fruit that requires no preparation, this can be placed straight into your ovenproof dish.
3. If you are using apples, rhubarb or pears (hard fruit) you should stew the fruit in a saucepan with 25g of the sugar with 200ml of water. Simmer for 5 minutes to part soften the fruit, this is also known as stewing.
4. Once stewed, use a colander to remove any remaining water from the fruit. Run the fruit under cold water. Drain thoroughly.
5. Place the drained fruit into your ovenproof dish.
6. Weigh and measure out the ingredients for the crumble topping.
7. Sieve the flour into a large mixing bowl.
8. Cut the butter into small pieces and rub it into the flour until it looks like breadcrumbs.
9. Stir in the sugar. Add any additional ingredients to the crumble mix.
10. Add the crumble topping to the fruit base.



At Home:

- Pre-heat the oven to 180°C or Gas Mark 5.
- Place the ovenproof dish onto a baking tray and bake in the oven for 30 to 40 minutes until the crumble is golden brown.
- You could serve your fruit crumble with some custard or ice cream.

