



APPLE CRUMBLE



Peeling, rough dice, rubbing in, bread crumbs, baking, grams, tbsp

Equipment – Vegetable knife, chopping board, large mixing bowl, scales, peeler, tablespoon

Ingredients

70g plain flour
30g hard margarine / butter
20g sugar
1 table spoons rolled oats/ crushed cornflakes/ flaked almonds/dried apricots
1 large cooking apple
1 tsp sugar to sprinkle over the apples
2 tbsp water

Method

- 1 Collect together equipment and place ingredients on a blue tray.
- 2 Preheat the oven to 180°C.
- 3 Weigh the flour and butter in a large mixing bowl. Rub the fat into the flour until it resembles breadcrumbs.
- 4 Stir in the sugar, add the high fibre ingredient and mix well with a tablespoon.
- 5 Peel the apple, core and roughly dice. Place straight into the ovenproof dish.
- 6 Rinse the apple, drain, place 2 tbsp water over the apple. Sprinkle the remaining sugar over the fruit.
- 7 **Tip** ALL the crumble mixture onto the centre of the dish, very gently spread it over the fruit evenly. **DO NOT COMPACT THE CRUMBLE MIXTURE.**
- 8 Place in the oven in bake for 20 – 25 minutes, until golden brown
- 9 Serve hot with ice cream, cream, crème fraiche or custard.