

The Best Apple Crumble

Serves 4



Apple Crumble at its best – so easy to bake, try it once and it will be a firm favourite recipe for years to come.

Equipment

- Apron
- Cutting Board
- Tea Towel
- Sharp Knife
- Peeler
- Apple Corer
- Kitchen Scale
- Mixing Bowl
- Fork
- Baking Dish
- Oven Gloves
- Oven Cooling Rack

Ingredients

For the filling:

- 575g Bramley apples (3 medium apples), peeled, cored and sliced to 1 cm thick chunks
- 2 tbsp golden caster sugar

For the crumble:

- 175g plain flour
- 110g golden caster sugar
- 110g cold butter

For the topping (optional):

- 1 tbsp rolled oats
- 1 tbsp demerara sugar
- double cream, clotted or custard, to serve

Method

1. Preheat the oven to 190C/170 fan/gas 5. Toss the apples with the 2 tbsp sugar and put in a 23cm round baking dish at least 5cm deep, or a 20cm square dish. Flatten down with your hand to prevent too much crumble falling through.
2. Put the flour and 110g sugar in a bowl with a good pinch of salt, slice in the butter and rub it in with your fingertips until the mixture looks like moist breadcrumbs. Shake the bowl and any big bits will come to the surface – rub them in. Alternatively, pulse in a processor until sandy (don't over-process).
3. Pour the crumb mix over the apples to form a pile in the centre, then use a fork to even out. Gently press the surface with the back of the fork so the crumble holds together and goes crisp, then lightly drag the fork over the top for a decorative finish. Sprinkle the oats and demerara over evenly, if you wish.
4. Set on a baking tray and put in the preheated oven for 35-40 minutes, until the top is golden and the apples feel very soft when you insert a small, sharp knife. Leave to cool for 10 minutes before serving.

Adapted from BBC Good Food <http://www.bbcgoodfood.com/recipes/best-apple-crumble>

Carbohydrates - Gives us energy	Protein - Builds our bodies	Good Fats in small quantities - Keeps our bodies working	Fibre - Sweeps our tummies
			

Try something different – crumble can be made with many different types of fruit – plums ; berries ; pears or combinations thereof! One of the best ways to work up an appetite for a heart-warming crumble is to forage for the fruit filling so see what you can find in the hedgerows when next you are out for a walk.

Skills you have learnt today: cut; weighed ; measured ; rubbed ; baked.

