

Blackberry & apple crumble



Serves 4

Time: 1-1 1/2 hours

Cost: £0.50-£1.00 a head

For the filling

1kg Bramley apples

500g blackberries, washed and picked over

4 tbsp demerara sugar

Juice of 1/2 lemon

For the topping

100g wholemeal flour

100g butter, cubed

75g brown sugar

150g oats or a mixture of oats, seeds and chopped nuts

Method

1. Preheat the oven to 180C/gas 4.
2. Peel, core and chop the apples into quarters then halve again. Squeeze the lemon juice over the apple and mix well. This not only adds flavour but prevents the freshly peeled apples from discolouring.
3. Layer the apples, blackberries, and sugar in a large pie dish (a lasagne dish is ideal).
4. Place the flour in a large bowl and then rub in the butter until it resembles breadcrumbs - leave a few lumps of butter so that the topping is not too fine. Add the muesli or oat/seed/nut mixture and the sugar and mix through.
5. Use a spoon to sprinkle the crumble topping evenly over the fruit. Bake for 45 minutes or until the fruit is cooked and bubbling juices seep through the golden brown topping.
6. Cool for a few minutes and then serve with custard, good vanilla ice-cream or crème fraîche.

