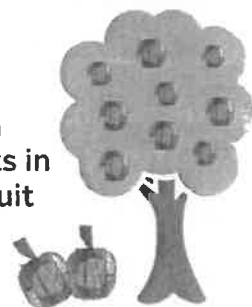


## 'BE WITH A TREE' FRUIT CRUMBLE RECIPE



Garden to Table's 'Be With a Tree' Challenge is to find a tree that provides us with food, and to make a fruit crumble! You could use lots of different tree-grown fruits in this recipe – apples, pears, apricots, nectarines, peaches, feijoas or a mixture of fruit (rhubarb and berries don't grow on trees, but can be added to the filling). Many nuts are grown on trees too, and can be chopped finely and added to the topping.

**Season:** All  
**From the garden:** Fruit or nuts from a tree  
**Type:** Dessert  
**Difficulty:** Medium  
**Country of origin:** Great Britain  
**Serves:** 8 servings

### Equipment

- ☐ Large mixing bowl
- ☐ Measuring cups
- ☐ Measuring spoons
- ☐ Scales
- ☐ Vegetable peeler
- ☐ Chopping board
- ☐ Knife
- ☐ Baking dish
- ☐ Wooden spoon

### Ingredients

#### Topping

- ☐ 1 cup flour
- ☐ 1 cup rolled oats
- ☐ ½ cup brown sugar
- ☐ 2 teaspoons ground cinnamon
- ☐ 1 teaspoon mixed spice
- ☐ 125g butter or coconut oil

#### Filling

- ☐ 5-6 ripe apples/pears/peaches/nectarines or 10 apricots or 15 feijoas or a mixture of fruit
- ☐ 2 Tablespoons sugar
- ☐ 2 Tablespoons lemon juice (if your fruit is very sweet)
- ☐ 1 teaspoon ground cinnamon or other spice
- ☐ 1 Tablespoon cornflour

### How to make it

1. Preheat the oven to 180°C (or 160°C fan bake).

#### TOPPING

2. Mix all of the dry topping ingredients in a large bowl.
3. Melt the butter in the microwave or a saucepan. Stir the butter into the dry ingredients until evenly combined.

#### FILLING

4. Peel, core and chop the fruit into quarters then chop each quarter into thin slices.

## 'Be With A Tree' Fruit Crumble

5. Put the fruit in a shallow baking dish, and sprinkle with the sugar and spices (and lemon juice if using it). Sprinkle over the cornflour and mix to coat all of the fruit. Spread the fruit out evenly in the dish.
6. Cover the fruit with the crumble mixture and press it down firmly.
7. Bake for about 40 minutes until the topping is golden and crunchy and the fruit is bubbling up the sides.

### Notes:

- ☞ This crumble recipe is so adaptable and you can easily add different ingredients to suit your taste. Add desiccated coconut, ground almonds, orange or lemon zest, chopped nuts, pumpkin and sunflower seeds if you want to.
- ☞ You can change or mix the spices to suit the fruit you use. Star anise and a teaspoon of vanilla essence goes beautifully with plums, cinnamon pairs well with apples, ground cardamom and a pinch of ground coriander is lovely with peaches and a teaspoon of grated fresh or ground ginger is perfect with pears.
- ☞ Mixing cornflour through the fruit before you bake the crumble thickens the juices and stops the topping from going soggy.
- ☞ To make the crumble dairy-free, swap the butter for coconut oil. To make it gluten-free, swap the flour for  $\frac{1}{2}$  cup of gluten-free flour and the oats with coconut, quinoa flakes and/or ground almonds.
- ☞ If you are using rhubarb for some of the fruit, you will need to increase the sugar in the filling to  $\frac{1}{4}$ - $\frac{1}{2}$  cup. If you are using frozen berries, you might find your crumble has more liquid at the bottom.

### Skills:

- ☞ Measuring, mixing, melting, peeling, chopping