

Apple and sultana crumble

Ingredients

100g plain flour
50g butter or baking fat/block
50g oats
25g sugar
2 eating apples
50g sultanas

Equipment

Weighing scales, mixing bowl, wooden spoon, chopping board, knife, ovenproof dish or foil tray, baking tray.



Method

1. Preheat oven to 190°C or gas mark 5.
2. Rub the fat into the flour until it resembles breadcrumbs.
3. Stir in the oats and sugar.
4. Cut the apples into quarters and remove the core. Slice thinly.
5. Arrange the apple slices in an oven proof/foil tray dish on a baking tray, and then add the sultanas.
6. Sprinkle the crumble topping over the apple slices.
7. Bake for 25 – 30 minutes, until the apples are soft and the crumble is golden.

Top tips

- Add a little water to the apples.
- Be creative and experiment with other fruits, such as blackberries, apricots, raspberries, peaches, nectarines, plums or pears.
- You may wish to use canned apple or another type of canned or dried fruit.
- Try using wholemeal flour for the crumble topping or use muesli instead of oats.

Food skills

- Weigh.
- Core.
- Cut and slice.
- Rub in.
- Mix and stir.
- Bake.

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