

# Fruit Crumble

## Ingredients

100g Wholemeal Flour (plain flour can be used instead but wholemeal is higher in fibre and gives a crumblier topping)

50g Brown Sugar

75g Margarine (sunflower)

50g Rolled Oats

200-300g Prepared Fruit (e.g. Apples, blackberries, rhubarb, gooseberries, plums, damsons)

**OR**

1 can/jar fruit pie filling

**Prepared fresh fruit must be stewed at home.** Fruit should be washed, peeled, chopped and simmered gently with 1 tbsp. of sugar until soft.

## Method

Remember to wash hands, tie back long hair, put on apron and roll up long sleeves.

Then, read your recipe, get out the equipment you need and organise your work area.

1. Preheat oven 200°C/GM6
2. Weigh margarine and put in mixing bowl (large bowl out of cupboard).
3. Using margarine wrapper, grease your ovenproof dish (The dish you brought from home!)
4. Put fruit pie filling or prepared fruit neatly in your greased dish.
5. Weigh flour and add to margarine.
6. Chop margarine into small pieces in the flour using table or palette knife
7. Rub fat into flour using fingertips only, until mixture looks like breadcrumbs
8. Stir in other dry ingredients (sugar & oats)
9. Sprinkle crumble mixture over fruit and level top carefully (pressing it will make a crunchy top)
10. Stand dish on baking tray (in case it boils over)
11. Put crumble in oven (middle or top shelf) for 15- 20 mins until top is pale golden brown and fruit is bubbling
12. Wash up and tidy work area. Remove crumble from oven using oven gloves when it is ready and place on wooden board
13. Wash and dry your baking tray and cover crumble lightly until ready to eat.

## At Home:

Reheat gently (oven or microwave), or eat cold if preferred. Serve with custard, cream, ice cream or crème fraiche.

## REMEMBER!

You have not finished your practical until:

- ✓ Your washing up is clean, dry and put away in the correct place.
- ✓ You have checked your cupboard and drawer and they look exactly like the photo.
- ✓ Your teacher has checked your area.

## REMEMBER!

**Bring an ovenproof dish to bake the crumble in and some tin foil to cover it to be carried home.**