



Apple crumble

Recipe by School Food Matters



Serves 10



1 hour

INGREDIENTS

- 1kg apples[^]
- 65ml (¼ cup) water
- 165g (1 ½ cups) flour
- 80g (⅓ cup) margarine*
- 40g (½ cup) rolled oats
- 60g (⅓ cup) brown sugar
- 1 tsp vanilla extract
- ½ tsp ground cinnamon
- Custard, to serve

NOTES

[^]Apples can be replaced with a combination of other fruits such as pears, stone fruit, berries or rhubarb. We encourage you to use what is in season and available to you. If you have other leftover ingredients, such as orange juice from the salad dressing, orange zest from fresh fruit or dried fruit, these can be added. Orange juice could be used instead of water with the apples. Ground ginger could also be added to the apples.

*Choose a monounsaturated or polyunsaturated margarine spread.

DIRECTIONS

1. Wash, core and slice the apples.
2. Preheat the oven to 180°C.
3. Put the apples, water, vanilla and 20 grams of the sugar into the saucepan. Cook on a low heat until the apples are just soft. Stir through half of the cinnamon.
4. Put the flour in a bowl and add the margarine. Rub together with your fingertips until the mixture resembles fine breadcrumbs.
5. Add the rolled oats, remainder of the brown sugar and cinnamon and stir to combine.
6. Lightly grease the baking dish with margarine, then layer the apples on the bottom.
7. Sprinkle the crumble over the top of the apples.
8. Place in the oven and cook for about 20 minutes until the crumble top is golden.



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