

SUNDAY - DESSERT

Apple & Mixed Berry Crumble

Serves: 8 persons



Recipe Ingredients

Fruit Filling

- 0.5kg Frozen summer berries
- 8 Green apples
- 2tbsp Icing sugar
- Corn flour

Crumble

- 150g Caster sugar
 - 100g Soft butter Not suitable for **LF/VG**(see page 3)
 - 200g Flour Not suitable for **GF** (see page 3)
- or**
- Handful Gluten free muesli **GF/ LF/VG**(see page 3)



Custard

1 litre Milk Not suitable for **LF/VG** (see page 3)
5 large tbsps. Custard powder

Morning Preparation

9:20am

223. Peel, core and chop the apples into quarters then thinly slice them.
224. Put them into a glass bowl with sugar and berries. Mix well.
225. Cover with cling film and microwave for 10 minutes until they are soft.
Mix well after 5 minutes to make sure the flavours are mixing together.
226. Remove the cling film and strain the liquid through a sieve into a small saucepan. Place the apple and berry mix in an oval dish.
227. Put the saucepan with the fruit juices on a high heat. Bring to the boil then thicken up with a little corn flour until it is a thick syrup consistency.
228. When ready, pour the syrup over the apples, making sure the edges of the oval dish remain clean.
229. Leave on the side covered with cling film ready for the evening.
Save a portion in a small white bowl for **GF/ LF/VG** (see page 3) guests.

Evening Preparation

6:00pm

230. Make the crumble topping and custard.
231. Add the flour and sugar in a glass bowl and mix well.
232. Add the softened butter and combine till wet sand consistency. Leave on the side until later; it will become soggy if added at this point.
233. Sprinkle the crumble topping evenly over the apples and place in the oven to bake at 190°C for 20-25 minutes until golden and crispy.
234. Pour the milk into a saucepan and place on a medium heat to simmer (do not boil as it will burn the pan).
235. When the milk starts to simmer, add the custard mix one tbsp. at a time, whisking continuously to avoid lumps until it has a thick and smooth consistency.
236. Remove the crumble from the oven.
237. Keep on a very low heat until ready to be served.



To Serve

238. Spoon the crumble in a soup bowl with a small ladle of custard (not suitable for LF/VG) over one side, and add a sprig of fresh mint.
239. For GF/LF/VG crumble some gluten free muesli over the fruit mix and add mint.