

Apple Crumble (6+ portions; 1h 15min)

Uses an oven dish 20cm in diameter and 8cm deep, or equivalent. A lid is good for refrigerating remaining portions.

For the fruit

4 eating apples or 2-3 eating apples and 1 large bramley
30g muscovado/soft dark brown sugar (35g if using cooking apples)
1 teaspoon butter/spread
1 heaped teaspoon cinnamon
½ teaspoon nutmeg
250g frozen mixed berries
15g fresh root ginger (optional)

Peel the cooking apples. Quarter all the apples, cut out the cores, and chop into 2cm chunks. Chop the ginger into small, thin matchsticks.

On the hob (low heat) stir together the apples, ginger, butter, sugar, and spices for 10-15 min until it starts to soften and reduce, stirring several times so that the bottom layer isn't the only part that cooks.

Drain off the juices and syrup (to stop the crumble getting soggy later). Stir in the frozen berries. Empty into the oven dish if using one.

For the crumble

300g plain flour (can also use gluten-free plain flour)
145g butter or spread
80g oats
25g demerara/brown sugar
1 rounded teaspoon cinnamon

Rub the butter and flour together until it's evenly crumbly and there are no butter lumps. Stir in the oats, cinnamon, and sugar. Pour evenly over the apples (don't press it down).

For the cooking and topping

10g demerara/brown sugar
Handful of flaked almonds

Sprinkle the sugar over the crumble.
Oven for about 45min on 200°C fan.
Sprinkle the almonds over the top a couple of minutes from the end.

For reheating

About 1½ min on full power in a 1000w microwave.
Do not include custard – heat separately (preferably on the hob) if required.