



## Apple-Berry Crumble

*There's something comforting about the flavours and aroma of this crumble. Crumbles or crisp are traditional desserts that have been made since pioneer days. Why are they still popular? Because they taste as good now as they did then.*

Yield: Serves 6 - 7  
 Preparation Time: About 20 minutes  
 Baking Time: About 45 minutes @ 175 C (350 F)

<u>Ingredients:</u>	<u>Equipment:</u>
<p>Pan preparation:</p> <ul style="list-style-type: none"> <li>• 1 Tbsp (15mL) butter, to grease the pan</li> </ul> <p>Fruit Filling:</p> <ul style="list-style-type: none"> <li>• 4 apples, cored and sliced 1 cm thick</li> <li>• 1 cup (250mL) fresh or frozen blueberries</li> <li>• 1 Tbsp (15mL) lemon juice (half of small lemon)</li> <li>• 1/4 cup (50mL) sugar</li> <li>• 1 Tbsp. (15mL) flour</li> </ul> <p>Crumble Topping:</p> <ul style="list-style-type: none"> <li>• ½ cup (125mL) all purpose flour, or whole wheat pastry flour</li> <li>• ½ cup (125mL) brown sugar, packed</li> <li>• ½ cup (125mL) rolled oats</li> <li>• ½ tsp (2mL) baking powder</li> <li>• 1 tsp (5mL) cinnamon</li> <li>• ¼ tsp (1mL) salt</li> <li>• 1/3 cup (75mL) soft butter</li> </ul>	<ul style="list-style-type: none"> <li>• measuring cups and spoons</li> <li>• pastry scraper ("Fred"), or dinner knife, to cut the butter</li> <li>• melon baller (Parisian scoop)</li> <li>• small sharp knife</li> <li>• large spoon</li> <li>• 20cm (8") square baking dish</li> <li>• 1 large-sized bowl</li> <li>• 1 medium-sized bowl</li> <li>• 1 small-sized bowl</li> <li>• fork</li> </ul>

### Method:

1. Preheat oven to 175 C (350 F)
2. Grease the baking dish with **1 Tbsp (15mL) butter.**

3. Cut **apples** in half. Remove the core with a melon baller. Cut apples into quarters. Cut apple pieces into 1 cm wide slices. Add to a large bowl.
4. Add **blueberries** to the apple bowl. (If using frozen berries, add to bowl when frozen.)
5. Juice **lemon** into bowl and toss with apples and berries.
6. Combine  $\frac{1}{4}$  **cup (50mL) sugar** and **1 Tbsp (15mL) flour** in a small bowl. Sprinkle over the apples and berries. Toss together.
7. Spread **apple mixture** evenly in baking dish.
8. Measure  $\frac{1}{2}$  **cup (125mL) flour, brown sugar, rolled oats, baking powder, cinnamon** and **salt** into a medium-sized bowl. Mix together with a fork.
9. Add the **butter** to the bowl, breaking it into little pieces as you add it. Mix the butter into the dry mixture by rubbing it with your fingertips until the dry ingredients look like moist crumbs.
10. Sprinkle the crumb mixture over the fruit.
11. Place the crumble into the oven for about 45 minutes, or until the topping is golden brown, the fruit is bubbly and the apples are soft when poked with a small knife.
12. Remove the apple-berry crumble from the oven and place on a cooling rack.
13. Serve warm or cool. This is also very nice with a dollop of yogurt (or ice cream if you are feeling fancy).

#### Tasty Tip:

- Instead of apples, try making the crumble with different BC fruit when in season such as peaches, plums, nectarines, pears or rhubarb.
- Instead of blueberries, try other BC berries when in season such as raspberries, blackberries or cranberries.