Rhubarb-Strawberry Crumble

Canada's Food Guide recommends half of your plate being a variety of fruits and vegetables.

Yield: Serves 6 - 7
Preparation Time: About 20 minutes
Baking Time: About 30 minutes @ 175 C (350 F)

<u>Ingredients:</u>

Pan preparation:

- 1 Tbsp (15mL) butter, to grease the pan

Fruit Filling:

- 3 cups (750mL) rhubarb, sliced 1 cm thick
- 2 cups (500mL) strawberries, halved
- 2 Tbsp (30mL) honey
- zest from one orange
- zest from one lemon
- ½ cup (125mL) sugar
- 1/3 cup (75mL) all purpose flour

Crumble Topping:

- ½ cup (125mL) all purpose flour, or whole wheat pastry flour
- ½ cup (125mL) brown sugar, packed
- ½ cup (125mL)rolled oats
- ½ tsp (2mL) baking powder
- 1 tsp (5mL) cinnamon
- ¼ tsp (1mL) salt
- 1/3 cup (75mL) *soft* butter

<u>Equipment:</u>

- measuring cups and spoons
- pastry scraper ("Fred"), or dinner knife, to cut the butter
- small sharp knife
- micro-plane or grater
- large spoon
- 20cm (8") square baking dish
- 1 large-sized bowl
- 1 medium-sized bowl
- 1 small-sized bowl
- fork

<u>Method</u>:

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1. Preheat oven to 175 C (350 F).
2. Grease the baking dish with **1 Tbsp (15mL) butter.**
3. Cut **rhubarb** into 1 cm thick slices Add to a large bowl.
4. Remove the tops of the **strawberries**, cut in half and add to the rhubarb bowl.
5. Add the **honey.** Zest the **orange** and **lemon** with a microplane or a grater and add to the bowl. Toss together.
6. Combine the **sugar** and the **flour** in a small bowl. Sprinkle over the rhubarb and the strawberries. Toss together.
7. Spread fruit mixture evenly in baking dish.
8. Measure **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 fruit crumble into the oven for about 45 minutes, or until the topping is golden brown, the fruit is bubbly and the rhubarb is soft when poked with a small knife.
12. Remove the fruit 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.

<u>Tasty Tip:</u>

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

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