

# Apple Crumble

**Serves:** 6      **Preparation time:** 15 minutes      **Cooking time:** 40-50 minutes  
**Recipe source:** Mr David Jenkins – this is his mum's recipe and a family favourite

*Thank you, Mr Jenkins, for sharing your family's delicious dessert recipe.*

## Ingredients:

### Stewed apples:

6 medium size Granny Smith apples  
3 tablespoons raw sugar (see note)

### Crumble:

3/4 cup (113g) plain flour  
1/4 cup (110g) raw sugar  
1/2 cup (45g) desiccated coconut  
1/2 teaspoon ground ginger  
1/2 teaspoon ground cinnamon  
60-70g soft butter

Additional butter, prior to baking

### Crumble variation:

You can substitute the plain flour listed above with 1/2 rolled oats (68g) and 1/2 plain flour (56g).

## Equipment Required:

Saucepan (with lid), peeler, sharp knife, measuring cups, measuring spoons, spoon (to stir stewing apple), baking dish, small bowl, scales.



## What to do:

1. Preheat oven to 180 °C.
2. Peel and slice about 6 medium size Granny Smith apples.
3. Stew apples lightly:
  - a. Place sliced apple in saucepan.
  - b. Add raw sugar.
  - c. Cook on stove over medium heat until fruit is softened but not mushy, approximately 10 minutes.
4. Layer bottom of baking dish with fruit.



5. Crumble topping (coverage needs to be about 0.5 to 1cm thick):
  - a. Mix dry ingredients in small bowl.
  - b. Using fingertips, rub butter through dry ingredients until the mixture is crumbly.
  - c. Spread evenly over fruit in baking dish and pat down firm (with back of tablespoon).
6. Just before baking, lay generous slices of butter all over the top of the mixture. This ensures that you have a nice golden brown and flavoursome crust.
7. Bake in oven for about 30-40 mins or until top is golden.
8. Mr Jenkins suggests that his mum's Apple Crumble is "best served with cream poured all over it and ice-cream on the side". Yum!
9. Enjoy!!



*Both topping variations are shown here.*

### Notes:

- The raw sugar could be left out or lessen the amount according to how sweet you like it.
- Crumble topping – as long as you keep the ratios the same, you may alter the quantities according to how much topping you want. Coverage needs to be about 0.5 to 1cm thick.
- It is possible to use other fruits. The Jenkins family sometimes use tinned 'pie apricots'.
- Another variation is when stewing the apples, include a cup of coconut sugar or molasses.

