Posted on 19 October 2016

by Liz Robb

Blackberry and Apple Crumble

Ingredients

For the topping: 100g plain flour
50g light brown sugar
60g butter
40g jumbo oats
20g chopped nuts
For the fruit:
800g cooking apples
3 level tablespoons of light brown sugar
Half a teaspoon of ground cinnamon
300g blackberries

Preparation

1. 1. Preheat the oven to 190 degrees or 170 degrees fan oven. 2. To make the topping, first cut the butter into small pieces. Sift the flour and pour the sugar into a large bowl, add the butter and very lightly rub it in until it resembles rough breadcrumbs. Tip in the oats and chopped nuts and mix together.
2. Scatter it on a non-stick baking tray and bake for about 12 minutes, stirring it half way through to bring the edges in, until it is a pale brown.
3. 3. While the topping is baking, peel and core the apples and chop them into small pieces. Place them in a large pan with the sugar and just a splash of water then cook very gently until the apples soften but don't lose their shape completely. Stir in the cinnamon and blackberries for the last 2-3 minutes.
4. 4. Spoon a portion of fruit into the bottom of each individual dish and sprinkle on the topping. Bake in the oven for 10-12 minutes, until the topping is light brown and the fruit begins to bubble up at the edges.
5. Serve with scoops of vanilla ice cream, cream or crème fraiche.

Cooks Note

I made these lovely little crumbles to use up the last of the cooking apples from the garden, along with some fat, juicy blackberries for flavour and colour. Raspberries would work just as well!

Crumbles are a delicious treat but can sometimes be a bit stodgy. This recipe has a topping that is not too heavy, and using individual pots allows you to use the proportion of crumble to fruit to suit each person, and to make just the amount of pudding that you need; anything left over can be stored in the fridge ready to use the next day.

Makes 5-6 small crumbles.