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by Liz Robb

Juicy plums and berries, rich in antioxidants, topped with a golden

crumble made with oats, crunchy hazelnuts and almonds.

Ingredients

450g ripe plums
Half a teaspoon of vanilla extract
Half a teaspoon of ground cinnamon
2 level tablespoons of demerara sugar
150g blueberries
150g raspberries
2 teaspoons of cornflour
100g jumbo rolled oats
75g wholemeal flour
40g flaked almonds
40g blanched hazelnuts
75g softened butter
50g demerara sugar
3 tablespoons of warmed golden syrup
Servings
6
Person

Preparation

1. Preheat the oven to 200 degrees, or 180 degrees fan oven.
2. Halve the plums, removing the stones, and place them in a saucepan.
3. Add 2 tablespoons of cold water, the vanilla extract, the ground cinnamon and 2 level tablespoons of demerara sugar. Bring to a simmer, stir, cover the pan and cook gently for about 5 minutes.
4. Stir the raspberries and blueberries into the plums. Mix the cornflour with a little cold water and stir it into the fruit. Cook gently for just a minute and then tip into a deep oven dish.
5. In a large bowl, mix together the oats, flour and flaked almonds. Roughly chop the hazelnuts and stir them in too.
6. Add the softened butter, cut into small pieces, then rub into the dry ingredients.
7. Sprinkle in the sugar and stir well.
8. Spoon in the warmed golden syrup and combine with the crumble topping; I found it helpful to use a knife to begin with, before stirring well with a metal spoon. The finished topping will still have some small clumps in it.
9. Spoon the crumble evenly on top of the fruit and then bake in the preheated oven for 25-30 minutes, until the fruit is beginning to bubble up at the edges and the topping is golden brown.

Cooks Note

If your butter and syrup is too cold, you could melt them first in a large saucepan and stir in the dry ingredients if you prefer.
Best served warm with cream, ice cream or custard.