

## Apple crumble

- About three or four big Bramley apples, peeled/cored/diced
- Caster sugar: 2 big spoonfuls (around 2oz)  
OR
- Five or six eating apples, diced but not peeled; no extra sugar required
- A good couple of handfuls of blackberries (optional, when in season or from the freezer)
  
- 4 oz butter
- 3 oz rolled oats, whizzed into flour – mixed with:
- 3 oz plain flour: white/wholemeal/spelt – whatever you have, or a mix
- 1 oz demerara sugar
- Dash of cinnamon

Put the fruit into a large shallow ovenproof dish and sprinkle with sugar (if using Bramleys). Gently rub the butter into the flour mix until it's all a breadcrumb texture – I find this easiest to do in a small food processor, it's a matter of seconds to do. Stir in the demerara sugar and the cinnamon.

Top the fruit with the crumble mixture and gently pat down, but not too firmly.

Bake at 170C (160C fan oven) for 45 minutes.

Serve with custard, Greek yoghurt, ice cream or cream – or not!

## Deconstructed crumble

I'm a bit of a picky eater, and have never liked the moist/fruit-soaked bottom of the crumble layer – the crunchy top is the best bit! So to save playing with my food, it can be easier to cook the two halves separately:

Stew the fruit gently in a saucepan, over a low heat. You will need to add a splash of water, half a cup or so. Keep a lid on, and stir so it doesn't catch.

Spread the crumble mix onto a baking sheet lined with parchment paper/Teflon sheet. Bake at 180 for 8-10 minutes until it is golden brown – keep an eye on it to make sure it doesn't burn.

## Vegan crumble mix

Mix the flours (oat and wheat flour) in a bowl

Add a couple of tablespoons of oil (I use a regular olive oil but you could use coconut) a bit at a time, mixing it in with your hands or a fork to create a crumbly texture. You may not need all the oil. Adjust to suit. Mix in a dash of demerara sugar, then bake on a tray - or add to the fruit and bake as above.