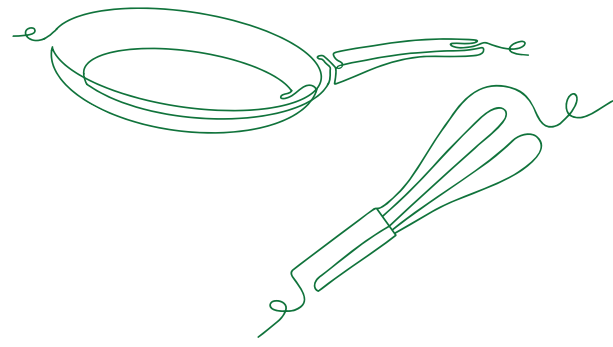


Apple Crumble



Apple Crumble

Treat yourself to the timeless apple crumble – packed with tender, spiced apples and topped with a buttery, golden crumble.

Serves 6 - 8

Prep time 15 minutes,
cooking time 45 minutes

Ingredients

Filling

6 cups (600 gms) of peeled and sliced apples
1 tbsp of lemon juice
1 tsp of ground cinnamon
1/2 cup (100 gms) of granulated sugar
1/4 tsp of ground nutmeg

Topping

1 cup (100gsm) of old-fashioned rolled oats
1/2 cup (60gsm) of all-purpose flour
1/2 cup (110 gms) of packed brown sugar
1/2 cup (110 gms) of unsalted butter, cold and cut into small pieces

Method

Preheat your oven to 175°C.

In a large bowl, toss the sliced apples with lemon juice, granulated sugar, cinnamon, and nutmeg. Transfer the apple mixture to a baking dish.

In a separate bowl, combine rolled oats, flour, brown sugar, and cold butter. Use your fingers or a pastry cutter to mix until the mixture resembles coarse crumbs. Sprinkle the crumble topping evenly over the apples.

Bake in the preheated oven for about 40-45 minutes or until the topping is golden brown and the apples are tender. Allow the apple crumble to cool for a few minutes before serving.

Enjoy it warm, optionally with a scoop of vanilla ice cream.



Recipe by James Golding, Head of Food Education, Table Talk Foundation. Table Talk Foundation is a registered charity (reg No: 1190504) inspiring a new generation through food, to live happier and healthier lives. Providing food education in schools to teach young people how to cook, preparing them with fundamental life skills.



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