

Dutch Apple Crumble



L Prep: 20 minutes

L Cook: 20 minutes



Serves: 4-6

Recipe info

Ingredients

Topping:

50g wholemeal or white plain flour
25g low fat polyunsaturated
margarine
25g of rolled oats
50g sugar

Filling:

500g of apples
½ tsp cinnamon
1 handful raisins or sultanas

Equipment

Peeler
Chopping board
Sharp knife
Measuring spoons
Saucepan with lid or bowl (for
microwave option)
Microwave – (optional)
Weighing scales
Mixing bowl
Mixing spoon
Pie dish (0.75 – 1 litre)
Oven gloves
Cooling rack



Description

This apple crumble contains raisins and cinnamon, which makes it traditionally Dutch.

Method / What to do

1. Preheat the oven to 190°C / gas mark 5.
2. To make the filling peel the apples, remove cores and chop roughly.
3. Add a teaspoon of water, half the sugar and the apples to saucepan and bring to a simmer. Cover with the lid and cook on a very low heat for 4 minutes. Alternatively, microwave on HIGH for 4 minutes.
4. Meanwhile make the topping, pour the flour and the margarine in a bowl and rub in the margarine until it resembles breadcrumbs.
5. Stir the oats and the remaining sugar into the flour mixture.
6. Add cinnamon to the apples and pour the fruit mixture in the pie dish, leaving behind the liquid.
7. Top the apples with the crumble mixture, making sure the apples are well covered.
8. Bake for 15 – 20 minutes until brown, checking occasionally.
9. Serve with low fat yoghurt.

Variations

- ⦿ If you don't want to pre-cook the fruit, then slice hard fruit and bake the pie for 40 minutes in the oven or 11 – 12 minutes in the microwave on HIGH, checking the top regularly.
- ⦿ You can mix hard and soft fruit e.g. apple and blackberry. Add the soft fruit at stage 6.
- ⦿ You could use only soft fruit for this, for example peach, apricot or gooseberry, in which case wash and prepare the fruit and miss out stages 2 and 3.