

BERRY AND OAT CRUMBLE

Once you know how to rub butter into flour you can make lots of things like pastry, crumbles or biscuits. Make sure your butter is really cold before you start.

INGREDIENTS:

- 1 tablespoon plain or wholemeal **flour**
- 500g mixed berries – fresh, frozen or tinned
- 1 teaspoon light brown soft sugar
- 2 apples or pears
- 1 teaspoon vanilla extract



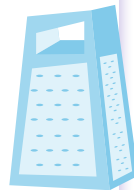
FOR THE TOPPING:

- 100g plain or wholemeal **flour**, or 50g of each
- 75g salted **butter** – this needs to be really cold
- 2 tablespoons light brown soft sugar
- 1 teaspoon vanilla extract
- 6 tablespoons **oats**



EQUIPMENT:

- | | |
|----------------|----------------|
| Chopping board | Tablespoon |
| Table knife | Teaspoon |
| Bowl | Ovenproof dish |
| Grater | |



*Allergens highlighted in **bold**

Makes 4 crumbles

Skills: rubbing-in, trying new fruits, measuring

Takes 25 minutes to make and 25 minutes to cook



1



Turn the oven on to 190°C. To make the crumble topping, put the flour into a bowl. Use a table knife to cut the cold butter into small pieces on a chopping board. Add to the flour.

2



Rub the butter into the flour using your fingertips. Gently rub the pieces of butter between the tips of your thumbs and fingers to break up and gradually mix into the flour. Keep lifting your fingertips above the bowl, as this will let air get to the flour and keep the mixture cool. Try not to use your whole hands, as this will melt the butter.

3



Add the oats, sugar and vanilla, mix together.

4



Using the large holes on the grater, grate the apples or pears. Hold the grater firmly at the top and push it down on to a solid surface, like a chopping board or worktop. Hold the food comfortably in your hand and keep your fingers away from the grater teeth, as they're sharp. Slide the food up and down over the teeth, without rushing. Keep moving the fruit around the grater, leaving the core in the middle of the fruit.

5



Put the grated fruit in the bowl.

6



Add the berries, sugar, flour and vanilla, and mix together.

7



Spoon the fruit into ovenproof dishes.

8



Sprinkle the crumble topping over the fruit.

9



Using oven gloves, put the dish into the oven for 25 minutes until the fruit is bubbling and the topping is golden. Leave to cool slightly before eating.

TA-DAH!