

GF Friendly

Apple Crumble

apple and crunchy crumble pastry dessert with custard

This is a dessert that I remember as a kid, and over the years it ended up a family favourite. Fresh apples are best, but canned would be okay; except that the taste might be a bit bland. Any other fruit in season will do, in fact rhubarb is great. Peaches and apricots are also good. Use your imagination and pick whatever fits the budget.

2-3 apples
 5 Tbsp plain flour
 1 Tbsp Polenta (coarse-ground maize meal)
 45g (2 oz) margarine
 3 Tbsp white sugar
 1 dessertspoon raw sugar
 ½ tsp cinnamon (optional)
 Water + 1 tsp sugar
 600ml (1 pint) custard



Mix the flour and Polenta in a bowl, then rub in the margarine to the consistency of fine breadcrumbs. Stir in 2 tablespoons of white sugar and consign to the fridge while preparing the fruit.

Peel, core and slice the apples into small segments about 1 cm (1/4 inch) on the thickest edge. Place in a saucepan, cover with water and add a teaspoon of sugar. Bring to the boil, turn down to simmer for 5 minutes; then allow to cool. Drain the fruit, but reserve a ¼ cup of the juice.

Spread the fruit evenly in the bottom of a casserole or baking dish and pour on the reserved juice. Sprinkle on 1 tablespoon of white sugar and the cinnamon if using. Top with the crumble mixture and level off. Finally, sprinkle over the raw sugar. Bake on 180°C fan-forced (200°C conventional) for 30 minutes, or until the top is just browning.

Serves 4 with custard; and cream or ice cream if you feel naughty

Tip: including sugar when stewing the fruit may not be necessary if using sweet apples. If not using the Polenta, simply substitute an extra tablespoon of plain flour.

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