



Fruit Crumble



3 servings



45 minutes

INGREDIENTS

100g plain flour

50g butter or margarine

50g oats

25g sugar

2 eating apples or 1 large cooking
apple

10-25g sugar (for fruit)

50g sultanas (optional)

EQUIPMENT

- Mixing bowl
- Round bladed knife
- Vegetable peeler
- Green chopping board
- Oven proof dish from home

Food Science: **Enzymic Browning** - a chemical process where oxygen and enzymes in the food react to cause the surface to become brown. This process cannot be reversed.

TIMEPLAN

1	Place flour in a mixing bowl , add sugar and stir.	Sieve the flour
2	Cut butter into pieces using the round-bladed knife . Rub butter and flour using fingertips until it looks like bread-crumbs and all the lumps are gone.	Be careful when using a round bladed knife
3	Prepare the fruit, slice the eating apples in half, then quarters and remove the core. Slice into even sized pieces.	Use a green chopping board to prevent cross-contamination
4	Place in oven proof dish, sprinkle on the sugar (add sultanas if you are using).	
5	Sprinkle the crumble mix over the top. Place on baking tray.	
6	Bake at 180°C for 20 minutes until golden on top and bubbling.	Use oven gloves to put the crumble in and take it out of the oven



**CHEL TENHAM
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