

Wild at Heart

Be wild, whatever your age

Blackberry & Apple Crumble



A classic way to use up your harvest of blackberries is of course in a delicious crumble. Feel free to throw in some wild raspberries or strawberries if you find any. Have a look for some apples growing in your local community space and put in a handful if you can - it saves you buying some apples and they have a great range of flavours.

Recipe

What you need:

- 575 g Bramley apple (3 apples)
- 300 g blackberries, washed
- 100-200 ml orange or apple juice
- 225 g plain flour
- 110 g brown or caster sugar
- 110 g cold unsalted butter
- 50 g porridge oats, or nutty cereal



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Method:

1. Pre-heat the oven to 190°C/170°C fan/Gas 5.



2. De-core and slice the apples thinly.
3. Put the sliced apple into a baking tray (mine is 25 x 19 x 5 cm, a round dish 23cm across and at least 5 cm deep should also work.)
4. Pour the blackberries on top of the apples.

5. Now pour in some apple juice, orange juice, or even lemon juice – this will stop the apples going brown while you make the topping, but also makes for a nicely stewed crumble without having to stew the fruit separately first. Top up with some water if needed to just cover the apples.

6. Make the crumble topping:
Measure out the flour, sugar, and butter and put into a large mixing bowl. Using clean hands, rub the butter into the flour until it is all mixed through and looks like moist breadcrumbs.



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7. Mix the porridge oats and/or nutty cereal into the crumble mix.
8. Carefully pour the crumble mix over the fruit and spread to evenly cover all the fruit.
9. Pop your crumble into the oven for 45-50 mins, or until the top is golden and the apples feel very soft when you insert a sharp knife, and the juice is bubbling around the sides! You may need to cover the crumble half way through the baking time with tinfoil to prevent the top burning.
10. Enjoy! Serve hot or cold with cream, or yoghurt, or blackberry junket!



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