

Apple, Blood Plum and Peach Crumble

Ingredients for fruit filling:

4 apples
1 peach
2 blood plums
2-3 tablespoons sugar
¼ cup water

Method for fruit filling:

1. Remove skin from the apples and peach, and cut into 1 cm chunks.
2. Wash the plums, cut in half, remove seed and cut into 1 cm chunks.
3. Place the apples, water and sugar in a medium sized saucepan.
4. Cook on a low-medium heat, while stirring for 1 minute.
5. Add the plums and cook for another minute.
6. Add the peach and gently stir for 20 seconds, then allow fruit to cool.

Ingredients for crumble:

½ cup plain flour
½ cup brown sugar
100gms butter
¼ cup oats

Method for crumble:

1. Cut the butter into small ½ cm chunks and place in a medium sized bowl.
2. Add the oats, brown sugar and flour.
3. Wash and dry hands thoroughly.
4. Gently mix the ingredients with your fingertips until the mixture is like crumbs.

Assemble the crumble:

1. Spray a ovenproof dish with cooking spray.
2. Place the fruit in the dish.
3. Gently sprinkle the crumble on top.
4. Cook for 25min at 180oC