

I learned to make fruit crumble from my Grandmother, but a reliable recipe with useful proportions for two [meant to be for four, but we eat it hot as a pudding and then have it cold as an afternoon tea type of cake with yoghurt, crème fraiche or sometimes for indulgence double cream over the next few days,] is in another of my very old books:

Source: Women's Realm

Susan King's **Cook Book**

1967

ISBN – if it had a number it might have been on the spine, which is now non-existent. The pages are all separated and stained from much use and, I'm ashamed to say, misuse by being splashed with oil in the distant past. It reminds me of Nana's cooking – cakes, breads, pies and preserves in addition to the 3 good meals a day she regularly produced from raw and fresh ingredients. I owe my enjoyment of cooking and food in general to her. She gave me this book when I left home for college in 1969 and it has stood me in good stead ever since.

Apple and Blackberry Crumble

1lb cooking apples	450g	4oz plain flour	110g
8oz blackberries	225g	Pinch of salt	
5oz caster sugar	140g	2oz butter	55g

METHOD

Turn on the oven, set at moderately hot, 425deg.F. [Mark7] 220°C, 180°C Fan.

Peel, core and thinly slice apples. Remove stalks from the blackberries, wash the berries and drain.

Put fruit in alternate layers in an ovenproof dish, sprinkling 3oz sugar between the layers.

Sift flour and salt into a bowl.

Rub in butter until the mixture resembles coarse breadcrumbs.

Stir in remaining sugar and press the mixture together.

Do not add any water.

Sprinkle the mixture over the top of the fruit to cover completely

Cook in the centre of preheated oven for 15 minutes, and then reduce the heat to moderate, 350deg.F [Mark4] 180°C, 160°C Fan and cook for a further 25 minutes.

Serve hot.

Note: I like to add a good handful of porridge oats to the crumble mix and sprinkle some Demerara sugar over the surface with dots of extra butter before putting the dish in the oven. I use the dessert apples in my garden, which means I can use less sugar, as they are sweeter than cooking apples and the slices hold their shape instead of mushing down like Bramleys do. Besides I don't have a cooking apple tree in the garden.

I sometimes substitute honey for the sugar over the fruit as well.

If liked, omit the blackberries and use 1½ lb apples. Fresh plums are also good. Wash plums, sprinkle with sugar. Cover with crumble mixture.

I also use this crumble for gooseberries and rhubarb in their seasons

Submitted by Suzanne Senter