

# SIAN'S APPLE & BLACKBERRY CRUMBLE

## MAKES 6 PORTIONS



In my family we use rapadura instead of sugar. Rapadura is the pure juice extracted from the sugar cane (using a press), which is then cooked to evaporate off the water, whilst being stirred with paddles. It is then ground to produce a grainy sugar that can be used in the same way as more common sugars. It is produced organically and the simplified production methods mean it does not contain chemicals or anti-caking agents found in more common sugars. The real treat here though is its amazing caramel flavour which really tops off this crumble topping. Rapadura (or Panela) can be found in most large supermarkets or small healthfood/organic shops – but if you prefer, regular brown sugar can be used instead.

### INGREDIENTS

#### For the filling:

- 3 eating apples, peeled, quartered and cored
- 2 Bramley cooking apples, peeled, quartered and cored
- 2tsp cinnamon
- 100g demerara sugar
- 300g blackberries (or as many as you can find, gently washed and dried)

#### For the crumble topping:

- 100g plain flour
- 1tsp cinnamon
- 140g rapadura or demerara sugar
- 100g porridge oats
- 180g cold unsalted butter, cut into small cubes



### METHOD

- Preheat the oven to 170°C (gas 3)
- Mix the cinnamon with the sugar in a separate bowl
- Mix up the two apple types and put in an oven proof dish – mix in most of the sugar mix
- Add the blackberries to the oven dish on top of the apples - sprinkle with the remaining sugar mixture
- Put the flour, cinnamon, rapadura/sugar and the oats into a bowl and mix
- Add the butter cubes and rub it in with your fingertips until the mixture is the texture of breadcrumbs.
- Lay the crumble mixture on top of the fruit
- Bake the crumble for about 40 mins. Keep an eye on the top. The top should go golden, not black.
- Serve with homemade custard.