

The Great Australian Crumble

The USA has pies, the English have tarts...but in Australia we gently crumble....which cries out for a poem starting: Do not grumble at the crumble, but don't have time right now to finish it....

You'll need:

- Equal amounts of brown sugar and SR flour i.e. a cup of each
- Butter

Fruit:

You could use the following:

- Easy option: a can of fruit especially pitted cherries, but with only about a third of the juice
- Stewed apple and almost any berry (Don't precook the berries- just add to the stewed apple
- Stewed or baked rhubarb
- Lightly cooked cherries (I put two layers in the baking dish, bake for ten minutes, then add the crumble topping)
- Apricots cooked the cherries above
- Sliced peaches ditto

Note: you don't have to sweeten the fruit much, or at all, as the crumble will add the sweetness.

Method:

Mix flour and sugar. With your fingers rub in 1 tbsp butter, and then add more slices of butter till it's all crumbly...like soft breadcrumbs. Don't worry if you add a bit too much or too little – a crumble is very forgiving.

Scatter the crumble crumbs onto the fruit. Pop into a moderate oven. Cook about ten minutes till the top is JUST starting to turn gold...if you bake it too much your crumble will turn into a material suitable for the foundations of a 20-story building.

Eat hot or cold...probably best is tepid i.e. pop it out of the oven as you serve your main course and it'll be waiting for you, crumbling gently, when you're ready for something sweet.

PS. The world is divided into those who eat their crumble with thick double cream, custard, single pouring cream, natural yoghurt, or plain for breakfast. I'm an ice cream girl... there is something fascinating about eating hot crumble and cold ice cream with just a little melted about the edges. And these days you can even eat no fat soy ice cream, which is almost virtuous...