

APPLE CRUMBLE

I- ORIGIN

Crumbles originated in Britain during **World War II**. Due to strict **rationing**: the ingredients required to make the bases of **pies** contained too much of the necessary flour, fat and sugar to make the **pastry**. So a simple mixture of **flour**, **margarine** and **sugar** was used to make the top of the crumble. The dish was also popular due to its simplicity, as it allowed women more time to do other tasks.

Today a **crumble** is a dish of **British origin** containing stewed fruit topped with a crumbly **mixture** of **fat** (usually **butter**), **flour**, and **sugar**. The crumble is baked in an oven until the topping is crisp. It is often served with **custard**, **cream** or **ice cream** as a hearty, warm dessert after a meal.






II- HOW TO COOK A DELICIOUS APPLE CRUMBLE

INGREDIENTS



- 8 sweet apples (golden)
- 50g nuts
- 150g flour
- 125g butter, diced
- 140g brown sugar
- ½ teaspoon of cinnamon

RECIPE

1- Preheat the oven to 200C/400F/gas mark 6.	
2- Peel and core the apples.	
3- Cut the apples into thick dice.	
4- Put them in a dish.	
5- Cut nuts into pieces.	
6- Mix in a big bowl 50g nuts +150g flour + 125g butter, diced + 140g brown sugar + ½ teaspoon of cinnamon	

7- Pile the crumble mixture over the apples and bake for 40–45 minutes or until hot, bubbling and golden brown on top.



8- Serve with custard or icecream.



Enjoy yourself!