MICHAELMAS (STS. MICHAEL, GABRIEL, AND RAPHAEL) · SEPTEMBER 29

Michaelmas blackberry and apple crumble

Prep 20 min **Cook** 40 min **Cool** 15 min **Total** 1 hr 15 min

Makes One 8-inch (20 cm) dish, about 6 servings **Level** Easy

ADULT SUPERVISION REQUIRED

Cooking is for children and grown-ups together. An adult should supervise at all times and handle the oven, stovetop, knives, and anything hot. Bubbling fruit is extremely hot and sticky. A grown-up peels and slices the apples and takes the dish out of the oven, and the crumble cools before children eat it.

ALLERGY INFORMATION

Contains wheat (gluten) and milk. Oats may contain gluten unless labeled gluten-free. Always read ingredient labels, since brands vary, and ask about food allergies before you cook or share.

INGREDIENTS

Fruit

- 3 cups (about 450 g) blackberries, fresh or frozen
- 2 medium apples, peeled, cored, and sliced
- ¼ cup (50 g) sugar
- 1 tbsp cornstarch
- 1 tsp lemon juice

Crumble topping

- 1¼ cups (160 g) all-purpose flour
- ½ cup (100 g) packed brown sugar
- ½ tsp cinnamon and a pinch of salt
- ½ cup (115 g) cold butter, cut into cubes
- ½ cup (45 g) rolled oats (optional)

METHOD

1. Heat the oven to 375°F (190°C). Butter an 8-inch (20 cm) square baking dish or a 2-quart (2 liter) dish.
2. A grown-up peels, cores, and slices the apples. In the dish, toss the apples and blackberries with the sugar, cornstarch, and lemon juice and spread them out evenly.
3. In a bowl, mix the flour, brown sugar, cinnamon, and salt. Add the butter and rub it in with your fingertips until the mixture looks like rough crumbs with some pea-sized lumps. Stir in the oats.
4. Scatter the crumble evenly over the fruit without pressing it down.
5. Set the dish on a baking sheet to catch drips and bake 35 to 40 minutes, until golden on top and bubbling at the edges.
6. Cool at least 15 minutes, then serve with custard, cream, or vanilla ice cream.

LITTLE HELPERS CAN (WITH A GROWN-UP)

- Rinse and count the blackberries
- Rub the butter into the flour with fingertips
- Scatter the crumble on top
- Learn the three archangels' names and what they mean

GOOD TO KNOW

- Frozen blackberries work well. Use them straight from the freezer and add 5 to 10 minutes to the baking time.
- Make the topping ahead and keep it in the fridge for 3 days or the freezer for a month.

A BLESSING BEFORE WE EAT

Bless us, O Lord, and these thy gifts, which we are about to receive from thy bounty, through Christ our Lord. Amen. Saint Michael, Saint Gabriel, and Saint Raphael, pray for us.