

NEVER FAIL FRUIT CRUMBLE



INGREDIENTS

2 tbs brown sugar
1 ½ tbs gluten free (GF) flour
¼ tsp cinnamon
¼ tsp ground ginger
2 tbs crystalized or non crystalized ginger, finely chopped
12 Italian plums, halved and deseeded OR 6-8 pears, peeled & cored with 2 tbs plum jam (optional)

Crumble

¾ cup coarse-grained sugar e.g. raw cane sugar
1 tsp baking powder
¼ tsp salt
1 egg, beaten well
½ cup unsalted butter, gooey or melted
½ cup almond meal
extra ½ cup gluten-free flour
extra ¾ tsp cinnamon

PREPARATION

Preheat oven to 190°C (375°F)
Grab a 22cm pie dish - no need to grease this one

METHOD

1. For the filling, mix together (well) brown sugar, 1 ½ tbs flour, ¼ tsp cinnamon, ground ginger and crystalized ginger.
2. Add plums (skin side up) or peeled pears and mix well.
3. Place fruit mix into ungreased pie plate.
4. For the crumble, combine coarse-grained sugar, almond meal, baking powder and salt, with remaining flour and cinnamon. Mix well, stir in egg and then mix together using your hands to make a crumbly mixture.
5. Sprinkle this crumble over the fruit in the pie plate.
6. Drizzle the butter evenly over the top.
7. Bake in oven for 30-35 mins or until fruit is soft and top has browned.
8. Serve warm or cold.

PREPARATION TIME: 15 MINS

COOKING TIME: 30-35 MINS

SERVES: 6-8

STORAGE, REHEATING & LEFTOVERS

- * Store in fridge for up to two days (good luck making it last that long!) or freeze in an airtight container.

VARIATIONS & TIPS

- * If you can't find preservative free crystalised ginger, try the Gin Gins – ginger chew lollies made by The Ginger People.
- * If you have a hot oven, perhaps decrease temp to 175°C.
- * I have added almond meal and decreased the GF flour quantity to suit, but you can just use 1 cup of GF flour and exclude the almond meal (but the almond meal makes it extra crunchy).
- * If plums aren't in season, try using pears with a bit of plum jam (see TFW Recipe Basic Recipes page for a brilliant chunky homemade plum jam recipe by Stephanie Alexander!). In fact, this works with apple and rubarb, and apricots as well.
- * I often add in prunes when making with plums for extra flavor.
- * For a lower salicylate version, use pears without plum jam.
- * I have made this several times (and stuffed up both the ingredients and the method) and it still works every time - it really is foolproof.

SERVING SUGGESTION

This is soooo good with cream and/or ice-cream or marscapone, creme fraiche or even Greek yoghurt.

NOTE

Always look for organic ingredients to be sure you are avoiding additives. Check the label carefully to ensure there are no nasties in your ingredients.

For recipe source, [click here](#)