



Blackberry & Apple Crumble

Harvest ingredients: August-September

Ingredients (serves 6-8):

- 6 apples
- 250g blackberries
- 100g caster sugar (more if the blackberries are very tart)
- 240g plain flour
- Pinch salt
- 150g butter (at room temperature, cubed)
- 120g demerara sugar
- Optional: cream, custard or ice cream (to serve)

Star Ingredient:

Blackberries

Method:

1. Preheat the oven to 190°C (170°C for fan oven)
2. Make the crumble mixture – sift the flour and pinch of salt into a mixing bowl. Add the cubes of butter and rub together with your fingertips until it looks like large breadcrumbs. Stir in the demerara sugar.
3. Make the fruit mixture – peel and core the apples, chop or slice as desired, and place in a mixing bowl. Add the blackberries and sugar to the apples, mix together.
4. Spoon the fruit mixture into a baking dish, then spoon or sprinkle the crumble mixture on top.
5. Bake for 45mins, until the topping is golden brown and the fruit bubbling.
6. Remove from oven and leave to cool for 10mins, then tuck in. Delicious served with cream, custard or ice cream.



Blackberries

Blackberries are the fruit produced by bramble plants in early autumn. They can be found growing in abundance along some sections of the Lancaster Canal, even in towns and cities. In the past, it is likely that boatsmen would have supplemented their diet with foraged fruit. The berries are a distinctive dark purple colour, and are best picked when the fruits are shiny and firm. Pick berries from above knee height (in case any dogs have paid a visit) and store in recycled margarine tubs or fruit containers, so they don't get squashed.

Tip: look out for the large white bramble flowers in early summer, and revisit in September to see if any berries have formed.



Above: bramble flower



Right: blackberries

Photo credit: Carrie House