



Apple Crumble

Each autumn, I head off to the local Farmer's Market and buy up baskets of apples. Most apples I peel, slice and freeze so they are available for me to use all winter. But some apples get cooked up into Apple Crumble, one of my family's favourite Thanksgiving desserts.

The great thing about Apple Crumbles are that they are so easy to make, the recipe is very flexible and forgiving, and they taste awesome!!

My Apple Crumble recipe is:

Apples:

- 6 - 8 apples
I like to mix apples like Braeburn where the slices remain intact when cooked, with Spartan or Empire apples that go mushy when cooked). Peel, core, and slice the apples into a baking dish.
- Small handful of raisins or dried cranberries - completely optional
- 1 Tablespoon of brown sugar or honey. completely optional, but if you like your apples on the sweet side, you can add some sugar or honey to the apples.

Topping:

- 3/4 cup butter, very soft or melted
- 1 1/2 cups quick cooking rolled oats
- 1 1/2 cups flour (I use whole wheat flour)
- 1 1/2 cups brown sugar (I have started using 1 cup brown sugar plus 1/2 cup corn syrup for a chewier topping - honey, maple syrup or other liquid sweetener can also be used)

Soften or even melt the butter, mix in rolled oats, flour, and sugar (I find using my hands works really well). Mix until all ingredients are moist and can easily hold together when lightly pressed. If the mixture is too dry and is not holding together when lightly pressed, add either a bit more butter, or a small drizzle of liquid sweetener (corn syrup, honey, maple syrup, etc.).

Top apples with the topping mixture. This should provide enough topping for a thick layer. Don't be concerned if the topping piles high over the top of the pan, the apples will mush down while cooking and the topping will settle into the pan.

Bake in a preheated 350 degree oven for 60 - 75 minutes, or until topping is slightly browned and the apples are bubbling.

Serve warm with cream, or vanilla ice cream.