

apple crumble

dessert recipes | serves 5

Preheat the oven to 190°C/375°F/gas 5. Peel and core the apples, quarter and cut in to chunks.

Put the apples in to a pan with the sugar and water. Cook over a low heat for 5 minutes and place in a small oven proof dish.

Place the flour and oats in a bowl and mix well. Cut the margarine or butter in to small cubes and add this to the oats and flour. Mix with your fingertips until it resembles an even crumb texture. Add the sugar and mix through.

Cover the fruit with the crumble mixture. Bake for approximately 20 minutes until the crumble is golden and the apple hot.

ingredients

For the crumble:

- 35g rolled oats
- 35g wholemeal flour
- 20g caster sugar
- 35g margarine or butter

For the filling:

- 400g cooking apples, peeled, cored and quartered
- 50g sugar, to sweeten
- 1 tablespoon water

Date and Apple Salad

Ingredients

55 g (2 oz) hazelnuts, chopped

2 green-skinned **dessert** apples, cored and roughly chopped

170 g (6 oz) fresh dates, stoned and roughly chopped

1 small red pepper, seeded and chopped

2 celery sticks, sliced

115 g (4 oz) seedless green grapes, halved if large

2 heads red or white chicory

2 tbsp chopped parsley (optional)

Yogurt dressing

150 g (5½ oz) plain low-fat yogurt

4 tbsp mayonnaise

1 tbsp lemon juice

1 tsp caster sugar

salt and pepper

- [Blue cheese and apple salad](#)
- [Avocado Apple and Raisin Salad](#)
- [Spinach and apple salad](#)
- [Chunky watermelon and cucumber salad](#)
- [Pear, chicory and Roquefort salad](#)

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Preparation method

1. Put the hazelnuts into a small dry frying pan and toast over a moderate heat, stirring, until you can smell the nutty fragrance. Tip the nuts into a bowl and set aside.
2. To make the dressing, put the yogurt, mayonnaise, lemon juice and sugar into a large bowl with salt and pepper to **taste** and mix well.
3. Add the apples to the bowl and stir until the pieces are well coated with the dressing. Add the dates, red pepper, celery and grapes and stir to mix.
4. Separate the heads of chicory into leaves, trimming off the hard bases. Slice the bottom half of the leaves and add to the salad. Pile the salad on a large plate or in a shallow serving dish and arrange the tops of the chicory leaves round the edge. Sprinkle over the toasted nuts and parsley, if using.

Curried Pumpkin-Apple Soup



Ingredients

- 2 tablespoons butter
- 1 cup chopped onion
- 1 cup chopped celery
- 1/2 large apple, peeled, cored, and chopped
- 2 teaspoons mild curry powder
- 3 cups chicken broth

- 1 1/2 cups solidly packed pumpkin mash or canned pumpkin
- 1/4 teaspoon salt, plus more to taste
- 1 whole bay leaf
- 1/3 cup heavy cream
- 2 to 3 tablespoons honey or maple syrup
- Sour cream and chives, for garnish (optional)

Instructions

1. Melt the butter in a medium-size soup pot. Stir in the onion, celery, and apple. Partially cover the pot and sauté the ingredients over medium-high heat until the onion is clear, about 8 minutes. Stir in the curry powder and sauté the mixture for another minute. Stir in 1 cup of chicken broth and cook it for 1 minute more.
2. Pour the contents of the pan into a blender or food processor, add the pumpkin, and puree the soup until it's smooth.
3. Pour it all back into the pot, then stir in the remaining chicken broth, the salt, and the bay leaf. Set the soup over medium-high heat and bring it to a simmer, stirring occasionally.
4. After 5 minutes, stir in the heavy cream and 2 tablespoons of honey. Taste the soup, adding more salt or honey if necessary to get the desired balance of sweet and savory. Simmer it for 2 minutes more, remove the soup from the heat, and serve it hot. For a pretty -- and tasty -- touch, garnish each bowl with a dollop of sour cream and a sprinkling of chopped chives. Makes 6 servings.