

LETS PREPARE FOR PRACTICAL

Hygiene – Aprons, Hair, Hands, Surfaces

Ingredients –

- 400g Fruit – Frozen Berries, Tin Apricot
- 50g Caster Sugar
- (25g for the fruit and 25g for crumble mixture)
- 150g plain flour & 50g Porridge Oats
- 75g Butter



1 x Large or 2 x Small
Aluminium Containers



1 x Weighing
Scales –



Equipment –



1 x Tablespoon



1 x Large Mixing Bowl



1 x Fork



1 x Sieve



1 x Medium Mixing Bowl

1 x Wooden Spoon



1 x Small Plastic Scrap Bowl



Fruit Crumble Method

Preheat oven to 180 C



1. Make the crumble topping:

- Sift 150g of flour into large mixing bowl
- (Cut butter into small squares)
- Rub in the 75g of Butter into the flour until it resembles fine breadcrumbs.
- Stir in the 50g of Oats & 25g of Caster Sugar with a wooden spoon.



2. Prepare & Arrange fruit – in an ovenproof dish

- Place frozen berries and apricots in a mixing bowl
- Add 25g Caster sugar
- Mix together
- Place fruit mixture into your aluminium container/s (just over half way)



3. Sprinkle the crumble mixture - over the prepared fruit using a tablespoon.

- Make sure all fruit is covered evenly



4. Bake in oven – place the dish on a baking tray and place in oven – cook for 30 minutes or until topping is just golden brown. *Remember to use oven gloves.....*