

Apple Crumble

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

Serves 5

Method

1. Preheat the oven to 190°C/375°F/gas 5. Peel and core the apples, quarter and cut in to chunks.
2. Put the apples into a pan with the sugar and water. Cook over a low heat for 5 minutes and place in a small ovenproof dish.
3. Place the flour and oats in a bowl and mix well. Cut the margarine or butter into 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.
4. Cover the fruit with the crumble mixture. Bake for approximately 20 minutes until the crumble is golden and the apple hot.

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Spicy Parsnip Soup

Ingredients



- olive oil
- knob of butter
- 1 large onion, peeled and roughly chopped
- 2 cloves of garlic, peeled and roughly chopped
- a thumb-sized piece of fresh ginger, peeled and roughly chopped
- 3 tablespoon garam masala
- 6 parsnips, peeled and chopped into chunks
- 500ml milk
- 1 litre vegetable stock
- sea salt and freshly ground black pepper
- 1 fresh red chilli, deseeded and finely sliced
- optional: a handful of fresh coriander leaves
- crusty bread, to serve

Serves 4

Method

1. Heat a splash of olive oil and the butter in a large saucepan. Add the onion, garlic, ginger and garam masala. Gently fry for around 10 minutes, until the onions are soft and sweet.
2. Drop in the chopped parsnip and stir together so that everything gets coated in the oil and flavours. Pour in the milk and stock, season well and bring to the boil. Turn down the heat and simmer for 30 minutes with a lid on.
3. After half an hour, check that the parsnips are cooked by sticking a knife in. If you're happy, remove them from the heat and carefully whiz up using a hand blender or liquidizer. Taste the soup to see if it needs a little more salt or pepper.
4. Serve with a sprinkling of sliced red chilli, a few coriander leaves if you like, and a good chunk of crusty bread.

Tip: Use coconut milk instead of regular milk for a twist.

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