



in Bexley



East Kent

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Elderberry Crumble Workshop



You will need:

Serves 4-6

Apples (cookers), 550g, peeled, cored, and sliced

Elderberries, fresh 200g

Blackberries, fresh 250g

Plain flour, 150g

Butter, 100g

Ground almonds, 200g

Dark brown soft sugar, 2 tablespoons

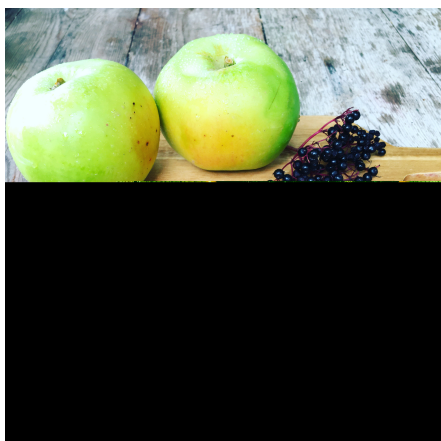
Walnuts, 50g chopped

Crème fraiche, to serve

Scales, mixing bowl, spoons, pan, water, oven dish, oven, oven gloves

Apple, blackberry and elderberry crumble

This recipe is taken from Neal's Yard Remedies; 'Healing Food'



This crumble is scrumptious, and bursting with health benefits as the berries are packed with vitamins and other goodies to support our immune system. Blackberries are high in vitamin C, K and manganese, which are all good for our bodies especially our bone health and for fighting off coughs and colds.

Elderberries also pack an immunity-boosting punch, and are great for relieving lung congestion. They are anti-inflammatory and also mildly diuretic, so just don't eat too many! You won't like them off the tree anyway, as they can be bitter, but when cooked they are delicious. Pick the clusters of berries when they turn upside-down and are ripe, but before they shrivel or go dry. Wash them thoroughly, along with the blackberries, and remove them from their stalks using a fork.

Don't forget to go foraging for your apples too, selecting the fallen ones from the tree. Collect more than you need to allow for bruising (you may need to compost some that are beginning to rot on the inside) then prepare by coring, peeling and slicing.

Directions

1. Preheat the oven at 180C. For the crumble, mix together in a bowl your flour and butter, using your fingertips, until the mixture crumbles. Add the ground almonds, dark sugar, and mix together until it resembles breadcrumbs. Chop your walnuts and add to the mix.
2. Add some water into a pan and bring to the simmer, add your apples and simmer for 10 minutes, then transfer the apples to a deep oven dish. Add the barriers to the apples, and cover entirely with the crumble mixture, pressing down lightly to smooth over the topping. Bake in the oven for 35-40 minutes, or until the crumble is golden brown. Serve warm with a spoon of crème fraiche, delicious!

