



COOKING PASSION SINCE 1877

TROPICAL FRUIT CRUMBLE BY ANNABEL LANGBEIN



Serves 6–8

INGREDIENTS

TROPICAL CRUMBLE TOPPING

1 cup rolled oats
1 cup thread coconut
½ cup raw cashews, coarsely
chopped
¼ packed cup soft brown sugar
2 tsp ground ginger
1 tsp mixed spice
1 tsp ground cinnamon
100 g coconut oil or butter,
melted

PEACH AND CARDAMOM FILLING

6 large ripe peaches or apricots,
cut into thin wedges, or 800g can
sliced peaches or apricots
2 tbsp sugar
1 tsp ground cardamom
1 tbsp cornflour

METHOD

To make crumble topping, combine dry ingredients in a bowl. Stir in coconut oil or butter until evenly combined.

To make filling, place peaches or apricots, sugar and cardamom in a medium (about 8-cup capacity) oven dish (if using canned fruit, add ½ cup syrup and omit the sugar). Sprinkle cornflour over the top and mix. Spread out, top with crumble and press down. Bake until golden and bubbling (about 40 minutes).

TIP: This recipe also works well with mango.