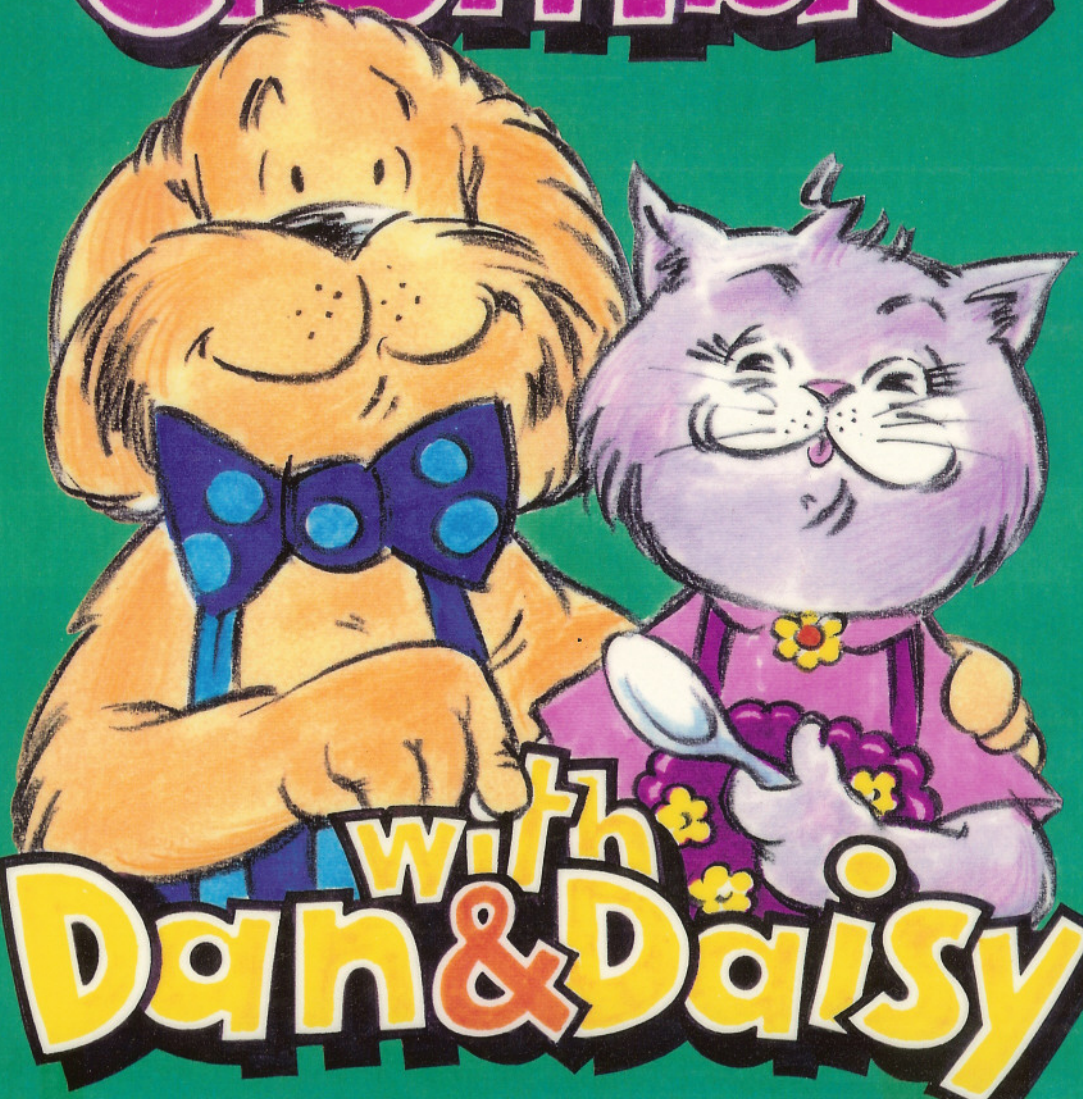


Your "Wipe-Clean"  
Cook Book

# Let's make a fruit Crumble



with  
**Dan & Daisy**

Introducing young children to the joy of cooking

First  
you need  
these  
things

We must  
wash our hands  
before we start!



plain flour



mixing bowl



granulated sugar



table spoon



fork



blunt tipped knife



Butter



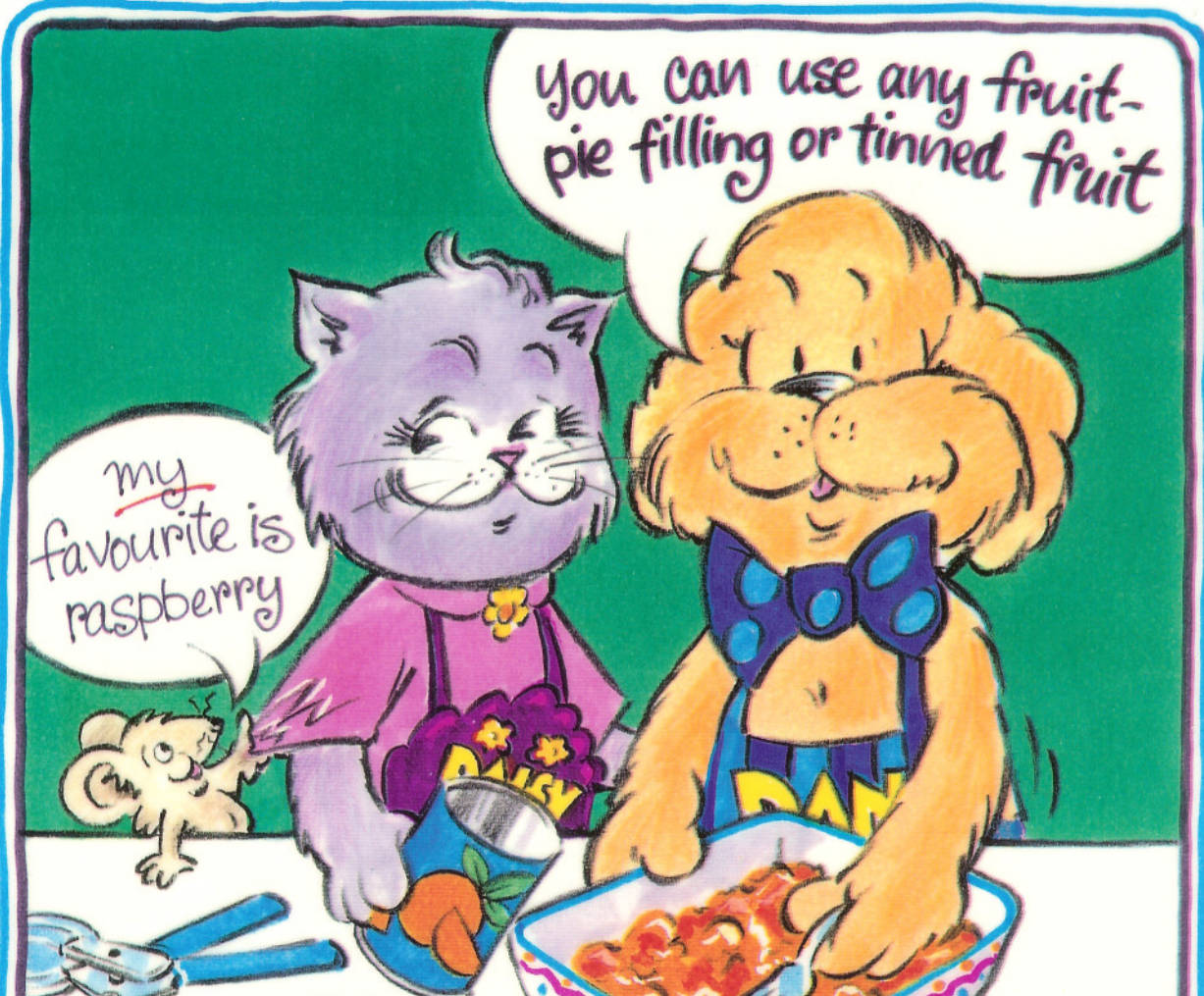
tin opener



tin of  
fruit  
filling

oven-  
proof  
dish





Take the tin opener and carefully open the tin of fruit filling.

Pour the fruit filling into the dish and spread it evenly.

Wipe the fork clean and put the dish to one side.

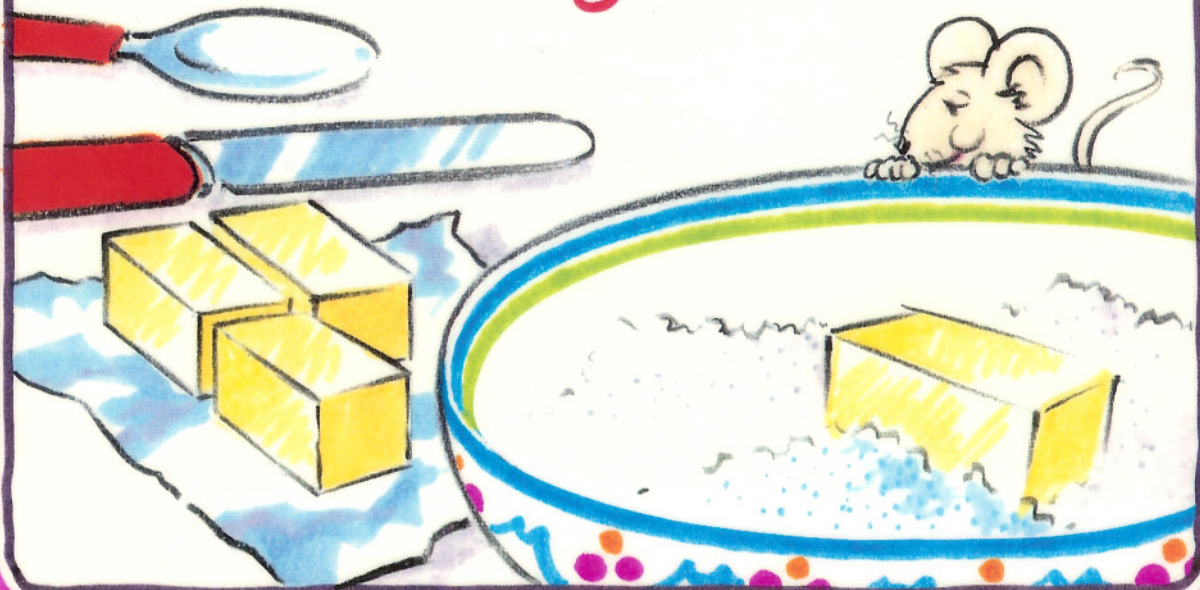
Open the packet of butter.

Cut it in half.

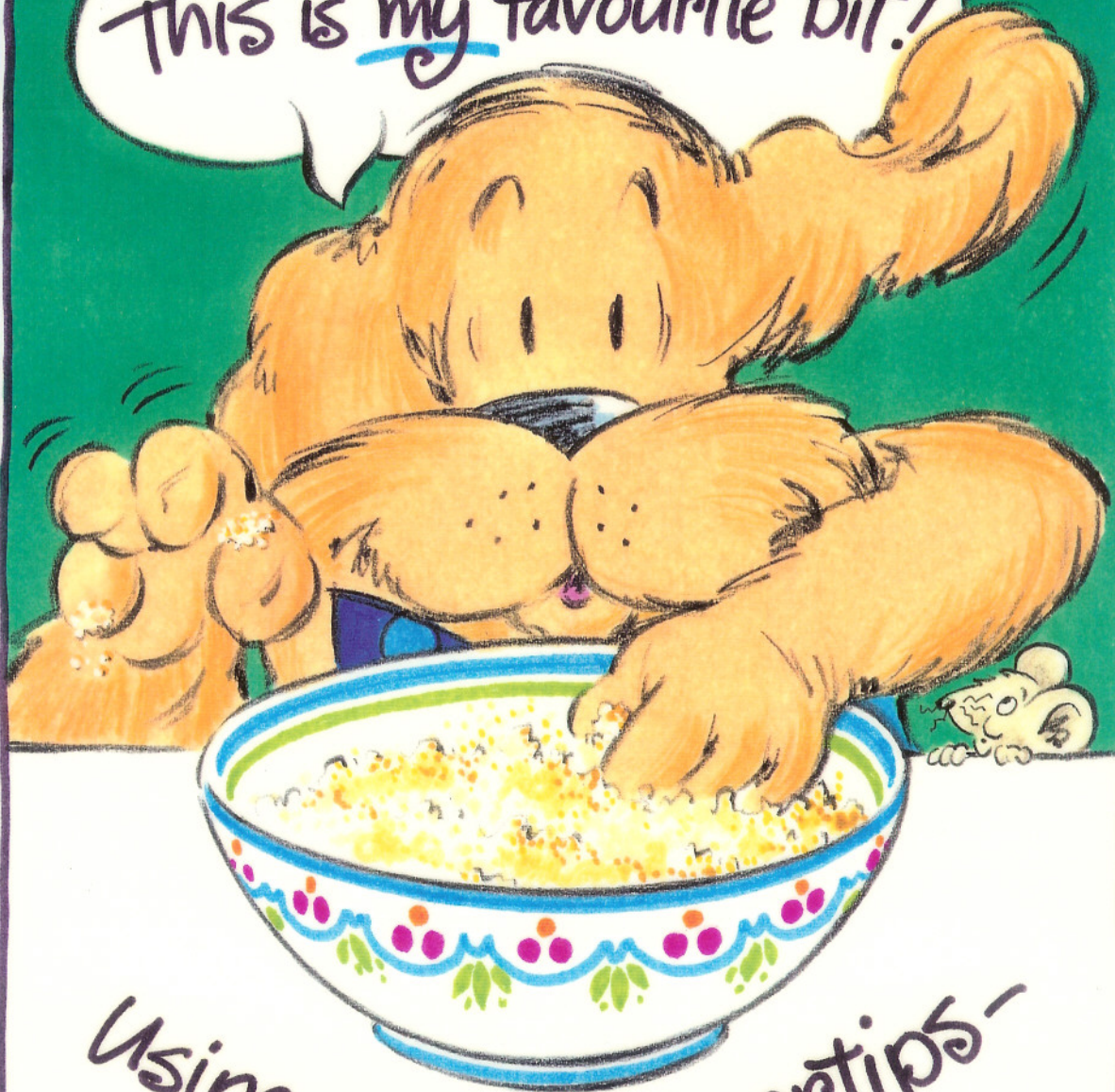
Take half and cut it  
in half again

to make a quarter

Put one of the pieces  
in the mixing bowl,  
with 12 heaped spoonfuls  
of flour — and  
6 heaped spoonfuls  
of sugar.



This is my favourite bit!



Using your fingertips -  
rub the butter, flour and  
sugar together until it all  
becomes yellow and looks  
like tiny breadcrumbs.



With both hands,  
take the crumble out of  
the mixing bowl —  
and sprinkle it evenly over  
the fruit filling.

Use the fork to fluff-up  
the mixture, so the top  
looks all crumbly.



Ask a grown-up  
to help you  
put the baking  
dish in the oven.

When you have  
finished, wash and  
clean up all the  
things you have  
used, including  
this book.

If I'm  
going to help  
washing up  
I need an apron  
too!



Grown-Ups

See back of book for more information

# Instructions for grown-ups

## Fruit Crumble

### Ingredients

3 oz. butter (87.5 grams or 1/4 packet)

3 oz. granulated sugar (87.5 grams)

6 oz. plain or self-raising flour (175 grams)

12 oz. fruit filling (350 grams)

In order to avoid confusion with exact measurements, remember that the crumble topping and fruit filling are used in equal amounts. As for the crumble topping, the amount of flour always exceeds the combined amount of butter and sugar (which are used in equal proportions) by a factor of two-to-one. Since the topping itself is sweet, it's best to choose a fruit or a combination of fruits which are either tart or tangy. This includes : blackberry, gooseberry, raspberry, rhubarb, apple, pear, peach and apricot.

Open a tin of pie filling or fruit segments and spread it evenly in an oven-proof dish or baking tin. (If you use tinned fruit, drain the juice). The filling should take up no more than half the dish. Place the flour and sugar in a large mixing bowl. You can use either light or dark sugar as long as it is granulated. Add a quarter packet of butter. Rub the butter lightly into the mixture using your fingertips.

Sprinkle the crumble mixture all over the fruit in the dish, spreading it out with a fork to give it a crumbly look. Place the dish on a high shelf in a pre-heated oven at 180c or 350f (mark 3) for about 40 minutes or until the topping begins to turn brown. Let the crumble cool for about 15 minutes. Delicious served with cream or custard.

### Variations on Crumble Toppings

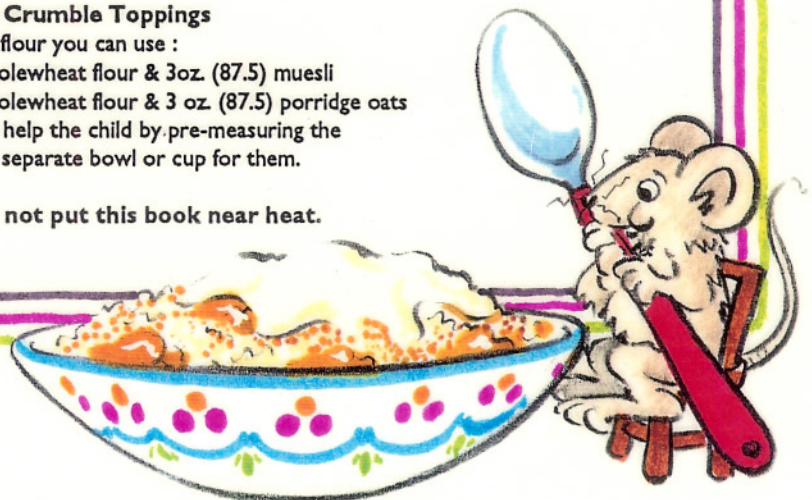
Instead of plain flour you can use :

3oz. (87.5g) wholewheat flour & 3oz. (87.5) muesli

3oz. (87.5g) wholewheat flour & 3 oz. (87.5) porridge oats

Note : You can help the child by pre-measuring the ingredients in a separate bowl or cup for them.

**Warning:** Do not put this book near heat.



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Illustrated by Peter Oliver