

APPLE CRISP

Matrix Code CB509 for StartOver.xyz (revised 26 May 2014 by Clinton Callahan)

This recipe fills 1 big glass baking pan (27x40 cm) (11x16 inches) and feeds 15–20 people depending on how hungry their Gremlin is. Best served warm with lots of whipped cream or vanilla ice cream. Bake at 175 C (350 F) for 60 minutes, until fruit at the center is soft. Be careful as fruit juice may drip over the sides when baking and can burn to make a mess that is tough to clean out of your oven. Slide a pan under to catch drippings. Can be made with other fruit combinations as suggested below. Can be prepared ahead of time and stored in the refrigerator for up to two days before or after baking. Can also be frozen and re-heated. Set out butter to soften to room temperature while cutting the fruit and nuts.

PREPARE THE FRUIT:

In a large mixing bowl, add:

15 apples, washed, not peeled, cut into eighths and then in thirds.

(OR)

500 grams fresh strawberries, washed, stemmed, halved or quartered

1.5 kilogram fresh rhubarb, washed and sliced into 1 cm pieces

(OR)

14 apples

400 grams fresh raspberries, blueberries, blackberries, etc.

(PLUS)

200 grams (1 cup) white sugar (SUGARLESS: 200 grams (1 cup) Agavendicksaft)

1 Tablespoon powdered cinnamon

35 grams (¼ cup) white flour (can be dinkel flour)

Stir until fruit is evenly coated. Pour fruit mixture into the baking pan so fruit is mounded high in the middle and pushed down around the edges so the upper edge of the pan is free for 2 centimeters to hold in the crisp.



PREPARE THE CRISP:

200 grams walnuts, coarsely chopped and set aside.

Use the same big bowl as above (without washing it!).

Add all of the following ingredients:

200 grams (1 ½ cups) white flour (can be dinkel flour, or whole wheat flour)

200 grams (1 cup) brown sugar PLUS 100 grams (½ cup) white sugar

(SUGARLESS: 300 grams dates ground with 100 grams water into date paste)

½ teaspoon salt

1 packet vanilla sugar (or 1 teaspoon vanilla extract)

2 Tablespoons powdered cinnamon

175 grams (1 ½ cups) big-flake oats

190 grams (2 cups) small-flake oats

250 grams butter

60 ml (1/3 cup) bio blackstrap molasses (can order it from amazon.com)

Mix Crisp ingredients together with your fingers until butter is well blended and the overall consistency is dry but will stick together in a ball.

Add walnuts and mix in.

Sprinkle crisp mixture evenly over fruit and press firmly to make a nice round shape.

Bake until the fruit in the center is soft. Test it with a long narrow knife.

Serve warm or cold, for breakfast, lunch, coffee-time, dinner, or midnight snacks