Stephanie's Simple Poached Fruit and Crumble

Recipe Source: Adapted from Stephanie Alexander's *Kitchen Garden Companion* (Penguin Lantern 2004)

For the poached fruit

The key to poaching fruit is to have sufficient depth of syrup in the pan to cover the fruit. Poaching is also best if done in batches to increase the flavour and colour of the syrup.

Poaching syrups can be made and stored in the refrigerator for at least two weeks (strained of any solids or flavourings).

All you need to poach fruit is a good saucepan, a strainer, and a tea towel, chopping board and knife to chop up the fruit into manageable chunks. Make your sugar syrup, then poach the cut fruit in the liquid over a low heat until tender.

Some key elements:
- The dish should be achievable in 35 minutes.
- It should feature the fruit rather than batter, custard or other topping
- It should use as little cream, butter and sugar as possible.
- Above all, it should be DELICIOUS!!!!

Sugar syrups for poaching: 2 parts water to 1 sugar

- Flavour with lavender, scented geranium, lemon verbena, citrus blossom, lime or lemon zest and juice, cardamom, scented rose petals, pandanus leaves, vanilla bean, grated ginger, tarragon.
- Infuse to desired strength, then strain.

Most poaching syrups can be turned into delicate jellies (dilute with extra water if too sweet), sharpen with a few drops of lemon juice. Use leaf gelatine – 6 leaves will set 600 ml of syrup to a firm jelly.

Poaching syrup can also be used to brush onto raw fruit that is to be baked on a sheet of bread or pastry, or is to be grilled, e.g. chunks of pineapple, raw stone fruit.

Substitutes for wine and liqueurs in recipes

Any alcohol in a wine is destroyed once it is heated so technically there is no alcoholic content at all in a dish that is baked or boiled. However, many schools have a no-alcohol policy.

- Verjuice (especially the pink one made with sangiovese grapes by Maggie Beer products)
- Herbs such as bay, scented geraniums, lemon verbena etc.
- Small quantity of good-quality balsamic vinegar
- Commercial products such as ‘apple syrup’ or ‘berry syrup’. 
For the crumble

Crumbles are easy once you know how. Remember to maximise fruit and minimise crumble. Suitable fruit includes uncooked raspberries or other berries, cooked rhubarb, apples, quinces, poached drained stone fruit, or a combination. Use a shallow dish for speed in baking.

**Equipment:**
- metric measuring cups, spoons and scales
- 2 medium mixing bowls
- mixing spoon
- 1 litre oven-proof dish

**Ingredients:**
- ½ cup brown sugar
- 1 teaspoon baking powder
- 1 teaspoon ground ginger or cinnamon
- 60 g unsalted butter
- 75 g plain flour
- 2 tablespoons rolled oats
- 2 cups cooked fruit

**What to do:**
- Mix the sugar, baking powder and ground ginger or cinnamon together in a bowl.
- In another bowl, add the flour and oats. Crumble the butter into the mix and use your fingers to squeeze the ingredients together and form pea-sized pieces.
- Toss the flour mixture in with the sugar mixture.
- Butter your baking dish.
- Spoon the cooked fruit into the baking dish, then strew over the topping.
- Bake at 200°C for 30 minutes or until the topping is golden brown and bubbling at the edges.