

Buy BC Recipes: BC Berry & Apple Honey Crumble

Recipe #2: Frozen Berry & Apple Crumble, with toasted or Candied Hazelnuts, serve with local yogurt

Preheat oven to 350 degrees. Set up prep station with a medium size cutting board, 1 paring knife, and 1 vegetable peeler. Will also need 2 cup measuring cup, 2 spatulas, 1 whisk, 2 medium size mixing bowls, 1 small pot for melting butter, and one 4 serving oven safe casserole dish, lightly greased. (8x8 inch)

Fruit: measure **3 cups Bremner OR other BC Grown frozen Blueberries**, pour into a strainer, and quickly rinse with cold water to remove any ice crystals, then pour into medium size mixing bowl to thaw. Peel & core **3 medium pie Apples or Pears**, peel & core, (BC grown Golden Delicious, Granny Smith, Braeburn, or Golden Russet, D'Anjou or Bosc or will work well: **we used BC grown Cameos**) then cut into 1/3-1/2 inch thick slices, and add to thawing berries.

Whisk together **2 tsp Arrowroot powder, 3/4 cup Apple or Pear Juice**, and **1/4 cup BC Honey** until smooth, then gently fold into berries and apple slice mixture, ensuring juice evenly coats the raw apple slices. Pour into a lightly sprayed or greased 8x8, 4-6 serving oven safe casserole dish, and place into a preheated 350 degree oven. Set time for 20 minutes, and allow fruit to bake while preparing crumble topping.

Crumble Topping:

Dry mix: mix together **1 cup BC Wheat, Lite Spelt, or Red Fyfe Flour; 2 cups Quick Oats, 1 tsp Cinnamon; 1/2 tsp Nutmeg OR Ginger powder; and a pinch of fine Sea Salt.**

Melt **2/3 cup BC Butter** in a small sauce pan over low heat, whisk in **1/4 cup BC Honey** until smooth, then fold into dry mixture, using hands to mix just enough to form a evenly crumbly doughy texture. Refrigerate raw crumble topping until fruit mixture has been pre-baked.

Once 20 minute timer goes off, take pre-baked fruit out of oven and stir one, then spread crumble mixture evenly over top of prepared fruit. Return baking tray to oven for another 20 minutes, or until fruit juices bubbling up sides, and topping is golden brown. Remove from oven, and let cool 5 minutes before serving with yogurt, and chopped candied hazelnuts.

To find out more about BC apple production, and the best baking apples, be sure to visit <http://saltspringapplefestival.org/>

Honey & Cinnamon Candied Hazelnuts, BC hazelnuts available at For Good Measure, Cadboro Bay **1.5 cup Hazelnuts**, raw, in a small bowl, and toss with **1 medium Egg White**, beaten until frothy, (~2 Tbs); and mixed with **2 Tbs Honey**. In separate small bowl, stir together: **1 Tbs BC Berry Sugar; 1 tsp Cinnamon, 1/4 tsp Nutmeg OR Allspice, and pinch or two of Sea Salt**

Heat the oven to 350 degrees F. Pour the hazelnuts in a medium size mixing bowl, and toss with frothy egg white and honey until evenly coated. Now sprinkle with berry sugar and cinnamon mixture until evenly coated, and turn out onto parchment or silicon mat lined medium size roasting pan, spreading the hazelnuts out so they do not touch.

Bake for 15 minutes, then remove tray from oven and use metal spatula to unstick nuts from bottom of pan, and toss well. Return to oven to bake for another 10-12 minutes, or until well toasted and golden. Remove tray from oven, and loosen the hazelnuts from the bottom of the pan again with a spatula, and cool in the pan at room temperature;. Once fully cool, chop and use to garnish crumble, and serve with generous dollop of yogurt. Store any leftover candied hazelnuts in an airtight container.

Garnish, especially for use on shoot day: **BC Yogurt, BC Candied Hazelnuts**

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