

APPLE & WALNUT CRUMBLE

WITH ROSE-SCENTED CREAM

SERVES 6

PREP TIME:
30 MINUTES

COOK TIME:
55 MINUTES

CRUMBLE

- 2 tablespoons (30 ml) lemon juice
- 5 apples of mixed varieties, peeled and cored
- $\frac{1}{2}$ teaspoon ground cinnamon
- 2 tablespoons (18 g) and 2 teaspoons (6 g) coconut sugar, divided
- $\frac{1}{4}$ cup (76 g) cassava flour
- $\frac{1}{4}$ cup (55 g) tigernut flour
- Pinch sea salt
- 4 oz (110 g) cold leaf lard
- $\frac{1}{2}$ cup (60 g) walnut pieces, soaked and dehydrated

CREAM

- 1 $\frac{1}{2}$ cups (a 400 ml can) coconut cream
- 2 tablespoons (30 ml) maple syrup
- 1 teaspoon (5 ml) rose water

Apple crumble is probably my all-time favorite dessert, and certainly one that evokes many childhood memories. I like to use several varieties, because some are sweeter, tarter, or crisper than others. Some keep their shape, while others break down under the crumble. Stick to one variety if you prefer, though. Walnuts lend a welcome buttery crunch to the crumble, and the rose-scented cream is a lovely, delicate accompaniment. Leaf lard is the fat from the kidneys and loin of the pig; you can substitute regular lard here. Soak and dehydrate the walnuts ahead of time to make them easier to digest (page 12).

Preheat the oven to 375°F (190°C, or gas mark 5). Place a flat baking sheet onto the middle shelf.

To make the crumble, pour the lemon juice in a large bowl. Cut the apples into quarters and each quarter into 3 wedges. As you cut them, toss the apple wedges in the lemon juice. Sprinkle over the cinnamon and 2 teaspoons of the coconut sugar, and mix well. Set aside.

Put the flours, salt, and lard in a separate bowl and rub together until it resembles coarse breadcrumbs. Wrap the walnuts in a clean tea towel, lightly crush them, and combine with the flour mixture with the remaining coconut sugar.

Transfer the apples to a 2 $\frac{1}{2}$ (1,430 ml) pint ovenproof dish and lightly sprinkle over the topping. Place onto the hot baking sheet and bake for 45 minutes, or until the apples are bubbling. Turn the oven up to 400°F (200°C, or gas mark 6) for 10 minutes and continue cooking until the topping is crisp and golden.

To make the cream, put the coconut cream and maple syrup in a medium bowl and whip for 2 to 3 minutes until soft peaks form. Refrigerate while the crisp is in the oven. Just before serving, pour off any excess liquid and gently stir in the rose water.

Serve the crumble in bowls, each topped with a spoonful of rose-scented cream.

Walnuts

AIP COMPLIANT Omit walnuts.

FREEZER-FRIENDLY Yes

LOW FODMAP Choose low FODMAP fruits instead.

COCONUT-FREE Sub honey for coconut sugar. Omit cream.

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