

FRUIT CRUMBLES



FOOD SERVICE



A perennial classic and very popular menu choice all year round, crumbles are a fantastic and very profitable way to exploit seasonal gluts of fruit. In the winter make apple or pear based crumbles, in the summer use soft stone fruit such as peaches, nectarines, plums and apricots. Toppings can varied greatly and include nuts, spices and use up any wastage from broken biscotti, cookies or other baked items.

Customer Services Phone 0800 800 617

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FRUIT CRUMBLES



SERVES 20 (approx 200g each)

INGREDIENTS

Basic crumble topping:

			Approx Unit Price	Approx Ingredient Cost
550g	plain flour	0.00115	100%	\$0.63
340g	butter, cut into cubes	0.01000	100%	\$3.40
250g	Chelsea soft brown sugar	0.00277	100%	\$0.69
70g	Chelsea caster sugar	0.00262	100%	\$0.18
2g	ground cinnamon	0.01306	100%	\$0.03

Basic apple filling:

3kg	sharp apples (Granny Smith or Braeburn)	2.00000	100%	\$6.00
400g	Chelsea soft brown sugar	0.00277	100%	\$1.11
4g	mixed spice (2 tsp)	0.01164	100%	\$0.05

METHOD

To make crumble topping, put butter and flour into a food processor and process until the mixture resembles bread crumbs. Add both sugars and pulse to combine. Store in chiller till required.

Peel apples, cut into quarters and remove cores. Cut into large chunks.

Put into a pot with the sugar and a little water to prevent sticking. Cook on a medium heat until the apples are beginning to break down, but are not mushy. Cool and set aside until required.

To serve, heat approximately 170g of the fruit mixture per portion in a small pot. Transfer to the oven-proof individual serving dish and add approximately 30g of the crumble topping. Bake in hot oven for 10-15 minutes, or until fruit is bubbling and topping is golden brown.

Serve with a jug of pouring cream, hot fresh custard or good quality ice cream.

CRUMBLE VARIATIONS

- Pecan crumble topping - add 250g roughly chopped pecans to the mix (or use any other nut as desired, e.g. almonds, walnuts, hazelnuts etc).
- Oat crumble topping - reduce flour to 360g and add 200g fine rolled oats to the mix.
- Gingernut crumble topping - reduce flour to 360g and add 200g roughly crushed gingernut biscuits.
- Coconut crumble topping - add 125g toasted coconut thread to the mix.

FRUIT FILLING VARIATIONS

- Apple & Blackberry - add 400g defrosted frozen blackberries to the apple mix at the end of cooking and allow to heat through as the apples cool down. Can also use raspberries or blueberries.
- Apple & Rhubarb - trim 1 kg fresh rhubarb and cut into 2cm lengths. Add to pot when apples are just starting to soften and cook until rhubarb is just starting to break down (about 5 minutes).
- Pear & Ginger - replace apples with pears and add 50g peeled and grated ginger.
- Plum & Almond - replace apples with fresh pitted and chopped plums in season, or drained canned plums at other times and cook until softened. Top with the Pecan crumble topping, using sliced almonds instead of the pecans.
- Try adding: sliced banana, chopped nuts, dried fruits, Chelsea Golden Syrup or Maple-flavoured Syrup, tropical or summer fruit (fresh or tinned).

TOTAL COST	\$12.09
COST PER PORTION	\$0.60
GROSS PROFIT %	70%
SALES TAX	15%
MIN. SELLING PRICE (per portion)	\$2.32

Costs based on average wholesale prices at Feb 2011

SOME KEY POINTS TO REMEMBER:

- Crumbles are very versatile - many topping and fruit filling variations are possible.

PROFIT

- Order tag 2 fruit for crumble to make even cheaper – generally tag 2 fruit is in good condition, but not perfect. This does not affect the quality of a crumble filling
- Using peak-season fruit, a portion of crumble can cost as little as \$0.60 + GST to make. Selling at a menu price of \$2.50 will be enough to generate a 70% GP – adding custard or ice cream will still make an acceptable menu price of \$12 profitable.
- Very little chance of waste – filling keeps well chilled for days and topping will keep well chilled for at least a week. Cook to order, so minimise risk of overproduction and wastage.

NUTRITION

- Full of fruit
- Basic recipe contains wheat gluten and milk products.

SERVICE

- As part of a menu, cook to order
- To make service speedy, heat pre-cooked filling in a saucepan before decanting into a service bowl and adding the topping to finish in the oven or under the salamander.