



# Great Britain and Northern Ireland

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cooking

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## Rhubarb Crumble

**The excitement is mounting for the London 2012 Olympic and Paralympic Games. Get into the mood for the Games with this traditional British pudding.**

Use seasonal fruit, such as rhubarb in spring, cherries, raspberries or strawberries in summer and apples, pears and plums in autumn. Believe it or not, this will count towards one of your 'five-a-day' portions of fruit and vegetables, but the crumble topping is also high in sugar and fat, so don't eat too much and make sure it is just one part of your healthy balanced diet.

The great thing about making a fruit crumble is that you don't have to make it look too perfect, so it is a great introduction to cooking and young children will love rubbing-in the butter and flour with their (clean!) hands. It's the ideal dish for the first-time cook.



Rhubarb Crumble

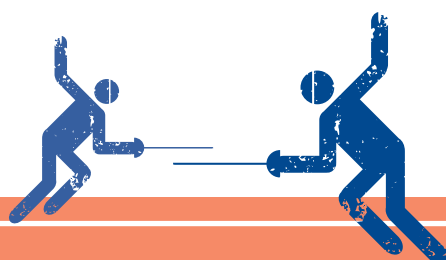


Dairy and Wheat

Made it? Rate it!



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## Rhubarb Crumble

### Equipment

Colander  
Chopping board  
Sharp knife  
Metal spoon  
Ovenproof dish or individual foil containers  
Measuring spoons  
Weighing scales  
Mixing bowl  
Oven gloves

### Ingredients

**Serves 4-6**

#### Filling

4-6 rhubarb stalks  
4 x 15ml spoons water  
3 x 15ml spoons sugar  
1 x 5ml spoon ground ginger (optional)

#### Topping

200g plain flour  
50g butter  
100g caster sugar



Rhubarb Crumble



### Prepare now, eat later

#### Prepare ahead?

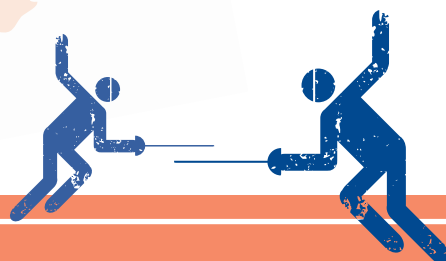
- Make the crumble topping and store in a sealed plastic bag in the fridge for up to 24 hours.

#### Keep for later?

- Store the uncooked crumble in a covered dish and keep in the fridge for up to 24 hours before cooking or freeze for up to three months. If cooking from frozen, bake in the oven at 180°C or gas mark 4 for 50 minutes or until the crumble topping is golden.



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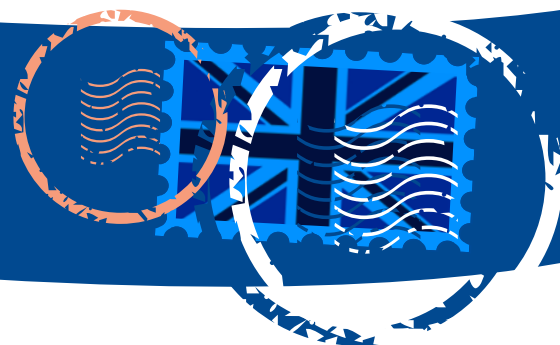


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## Rhubarb Crumble



### Method

1. Preheat the oven to 180°C or gas mark 4.
2. Wash the rhubarb and trim the ends.
3. Cut the rhubarb into 5cm-long pieces.
4. Lay them in the base of an ovenproof dish or divide them evenly amongst the foil containers.
5. Sprinkle with the water and sugar.
6. Sprinkle over the ground ginger, if using.
7. Now make the crumble topping. Place the flour into the mixing bowl.
8. Chop the butter into small cubes and add to the mixing bowl.
9. With clean hands, use the tips of your fingers to rub the butter into the flour until it looks like breadcrumbs.
10. Stir the sugar into the crumble mixture.
11. Spoon the crumble mixture on top of the fruit.
12. Place the crumble into the oven and bake for 30-40 minutes until the crumble topping is golden.
13. When cooked, remove from the oven using oven gloves.



Rhubarb Crumble

### Top tip

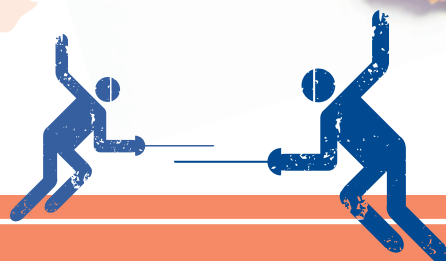
Use cold butter straight out of the fridge as it is easier to rub into the flour.

### Something to try next time

Add the juice and rind of one orange to give a citrus tang.



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inspired by  
London  
2012