

Apple and rhubarb crumble

0:20 Prep • 1:00 Cook • 4 Servings • Capable cooks

★★★★★

Create the perfect winter dessert with this Apple and rhubarb crumble.

INGREDIENTS

- 1 bunch (425g) rhubarb, trimmed, cut into 2cm pieces (see note)
- 3 granny smith apples, peeled, cored, thinly sliced
- 2 tablespoons caster sugar
- 1 teaspoon orange rind, finely grated
- 2 tablespoons orange juice
- 1 cup self-raising flour
- 2/3 cup brown sugar
- 80g butter, chilled, chopped
- Thickened cream, to serve

METHOD

- Step 1** Preheat oven to 180C/160C fan-forced. Grease a 1.5-litre (6-cup-capacity) ovenproof dish.
- Step 2** Combine rhubarb, apple, caster sugar, orange rind and juice in prepared dish. Bake, covered, stirring once, for 30 minutes or until fruit is just tender. Remove from oven.
- Step 3** Meanwhile, combine flour and brown sugar in a large bowl. Add butter. Using your fingertips, rub butter into flour mixture until mixture resembles coarse breadcrumbs. Sprinkle over rhubarb and apple mixture.
- Step 4** Bake, uncovered, for 25 to 30 minutes or until crumble is golden brown. Serve with thickened cream.

NOTES

You'll need 7 stalks of rhubarb for this recipe.

Try adding 1/3 cup chopped hazelnuts or slivered almonds to the crumble for extra crunch.

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Mexican Beans with Roasted Sweet Potato or Pumpkin, Fennel & Silverbeet

Season: Winter/Spring

Serves: 30 tastes in the classroom or 6 at home

Fresh from the garden: capsicum, chilli, coriander, garlic, onion, parsley, sweet potato or pumpkin

Equipment:

small frying pan
measuring spoons
wooden spoon
mortar and pestle
tea towel
cook's knife
chopping board
vegetable peeler
large bowl
mixing spoon
large baking tray
large saucepan with lid
colander

Ingredients:

1½ tsp cumin seeds, dry roasted and ground
2 medium sweet potatoes or pumpkin (approx. 500 g), chopped into 2 cm cubes
1½ tsp cinnamon
1 tbsp olive oil and extra for drizzling
sea salt
freshly ground black pepper
2 onions, roughly chopped
1 red chilli, deseeded and finely sliced
1 green chilli, deseeded and finely sliced
1 fennel bulb, roughly chopped
1 handful silverbeet, shredded (for subtropical)
3 garlic cloves, finely chopped
2 × 400 g tins beans or 200 g dried beans soaked and cooked (such as cannellini, kidney, black eyed, chickpeas)
10 tomatoes, roughly chopped or 2 × 400 g tins chopped tomatoes
1 small handful parsley, roughly chopped
1 large handful coriander, roughly chopped



What to do:

1. Preheat the oven to 200°C.
2. Place the sweet potato or pumpkin in a bowl and sprinkle the sweet potato or pumpkin with 1 tsp of cumin and 1 tsp of cinnamon, then drizzle with ½ tbsp olive oil and a pinch of salt and pepper.
3. Toss to coat, layer on a baking tray and bake for 20 minutes until soft and golden.
4. Heat a large saucepan on medium heat and add the remaining olive oil.
5. Add the onion, chilli, fennel, silverbeet and garlic and cook for 5 minutes.
6. Add the remaining spices and cook for another 5 minutes, stirring. Add the tomatoes and beans.
7. Stir well and bring to the boil, then reduce heat and simmer with the lid on for 20 minutes.
8. Add some water if the sauce looks too thick.
9. Stir the sweet potato/pumpkin and herbs through the bean mixture.
10. Taste and season with salt and pepper.



Herb Pilaf

Season: All

Serves: 30 tastes in the classroom or 6 at home

Fresh from the garden: chives, garlic, mint, onion, parsley

Recipe source: Mansfield Primary School

Note: you need to use the Basic Steamed Rice recipe for this dish.

Equipment:

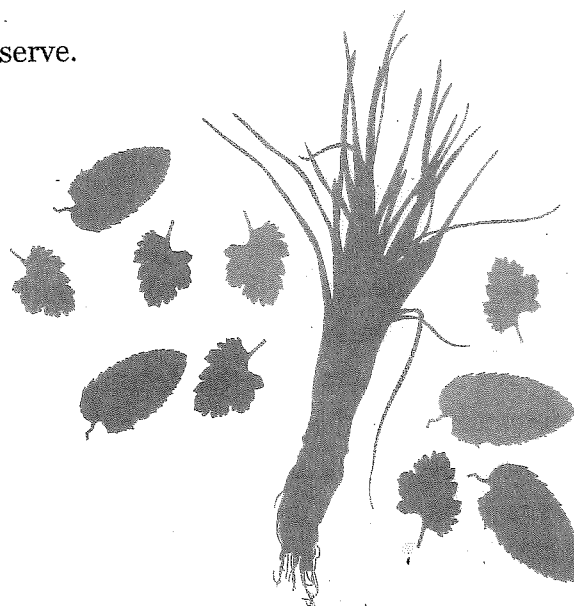
large saucepan with lid
measuring cup
tea towel
chopping board
cook's knife
measuring spoons
wooden spoon

Ingredients:

1½ cups white rice
3¾ cups chicken stock
2 tbsp olive oil
1 brown onion, finely chopped
3 garlic cloves, finely chopped
1 small handful parsley, finely chopped
1 small handful chives, finely chopped
1 small handful mint, finely chopped
salt
pepper

What to do:

1. Cook the rice in the chicken stock using the Basic Steamed Rice method.
2. Add the oil to the saucepan and cook the onion and garlic stirring for 3-4 minutes or until the onion has softened.
3. Add the cooked rice and stir until combined.
Stir through the fresh herbs, season to taste and serve.



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quesadillas with guacamole

method

A quesadilla is basically a Mexican-style stuffed pancake, like a toasted sandwich, made with two tortillas sandwiched together with a cheese-based filling. They are warmed through and served with guacamole and sour cream. They are one of my favourite things to eat – Jools and I tend to have them every Saturday because we love them!

To make the guacamole I use 2 or 3 ripe **avocados**, 2 or 3 ripe **deseeded tomatoes** and a couple of **deseeded red chillies**, and I throw all this into a food processor with a handful of peeled and chopped **spring onions** and a good handful of **fresh coriander**. Once this has been chopped up nice and fine, I add a couple more chopped tomatoes, a good pinch of **salt** and half of another avocado, chopped, to give it a nice chunky texture. Transfer everything into a bowl and season carefully with **sea salt**, **freshly ground black pepper** and a good squeeze of **lemon or lime juice**. If you decide to buy ready-made guacamole, which is a bit lazy but probably very realistic, you can put it into a bowl and chirp it up a bit with a squeeze of lemon juice, a little extra salt and a bit of chilli to give it a kick.

To fill the quesadillas you will need a couple of big handfuls of **grated Cheddar** and/or **red Leicester cheese**, some finely sliced **spring onions**, a couple of handfuls of **chopped fresh coriander**, and a **red pepper** and some **red or green chillies** all **deseeded** and finely

serves:

ingredients

see description

- 3 cheese blend
- Spring Onions
- fresh coriander
- red capsicum
- red chillies
- tortilla's

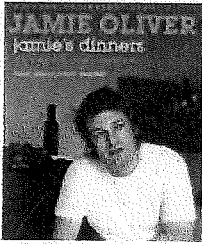
Equipment

- Electric frier
- large bowl
- Knives
- chopping boards
- turner utensil

chopped. Mix all this up in a bowl and then sprinkle half a handful between two layers of **tortilla**. You can make up 4, 10 or even 20 quesadillas and keep them in the fridge until you need them if you want.

Some people like to fry them in oil, but this makes them greasy and is not all that healthy. You can grill them, but I like to put them in a dry non-stick frying pan on a medium heat, so that after about a minute and a half on each side you are left with a really crispy outside and an oozy, stringy filling. Serve the quesadillas cut into quarters, with the guacamole, **sour cream** and a **beer**.

PS You can also push them up a bit using **grilled chicken** or **seafood**, **leftover pork**, **shellfish**, or a selection of **grilled vegetables**.



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