

Apple Crumble 蘋果金寶



Serving 份量: 2

Ingredients 材料

Apple filling	
Cooking apple 蘋果	3
Water 水	1 tablespoon 湯匙
Cinnamon powder 玉桂粉	1 teaspoon 茶匙
Crumble	
Self rising flour 自發炒	1/2 cup 杯
Butter 牛油	50g
Sugar 糖	2 tablespoons
Rolled oats 快熟燕麥片	4 tablespoons

1. Preheat oven to 200°C. 將焗爐預熱至 200 度。
2. Wash, peel and core apples. Cut into small pieces. Put cut apples into 2 ramekins. Add 1/2 tablespoon of water to each ramekin. Cover and microwave on high for about 5 minutes. 蘋果洗淨、削皮、去蕊、切成小份。分兩份放入小烤皿內，每個烤皿加半湯匙水，蓋好烤皿，在微波爐高火煮約 5 分鐘。



3. Add $\frac{1}{2}$ teaspoon of cinnamon powder to each ramekin and mix well with cooked apples.

將煮好的蘋果, 每份加入半茶匙玉桂粉, 拌勻。



4. Cut butter into small pieces. Rub the butter, flour, sugar and oats together in a bowl. 將牛油切成小塊, 用拇指及食指將牛油及麵粉搓勻, 至成鬆粉狀。



5. Put the crumble mixture on top of the apple and put into oven for around 15 minutes or until crispy and slightly brown on the top. Leave the apple crumble in the oven for another 15 minutes. 將鬆粉蓋在蘋果上, 放入焗爐焗約 15 分鐘, 或至表層鬆脆, 呈微金黃色。熄爐, 15 分鐘後取出蘋果金寶。

