

Stewed Rhubarb and apple

Equipment: Chopping board and safety mat Knife Peelers Large bowl Large saucepan with lid Colander Wooden spoon	Ingredients 3 apples 3 rhubarb stems 2 tbsp Vinegar mixed with 1 bowl of water 1 tbsp of honey 1/4 cup of water 2 tbsp Vinegar	
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Method:

Remember to clean up your workstation as you go

Your workstation should be spotless before you go to the dining room.

1. Chop the rhubarb into 1.5cm pieces and put it into the saucepan.
2. Fill large bowl with water and add the vinegar.
3. Peel the apple, top and tail and core the apple, slice or dice into 1.5cm pieces. As you cut each piece of apple submerge in the vinegar water.
4. When all the apple is chopped, drain the water and put all the apple and rhubarb into the saucepan.
5. Add the water and honey to the saucepan. Put the lid on.
6. Bring to the boil and then reduce the heat to let simmer for 10 minutes, stirring occasionally with spatulas until soft.
7. Turn off heat, remove lid. Taste and add a little more honey if needed.
8. Place into a bowl for next group.

Gluten free Crumble Topping

Equipment: Measuring cups Measuring spoons Wooden spoon 2 metal mixing bowls Container for the crumble	Ingredients 20g of coconut oil 40g gluten free flour 25g of brown sugar 1/4tsp baking powder 1/4 cup shredded coconut
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1. Rub gf flour and coconut oil (using fingers) together into pea sized pieces.
2. In a separate bowl, mix sugar and baking powder together.
3. Combine the two mixtures together.
4. Pour in the coconut and mix together. **This is your crumble.**
5. Put crumble into the container.

Apple and Rhubarb Crumble

This recipe can be paired with any recipe for stewed fruit to make a delicious desert.

Equipment:	Ingredients
Enamel baking dish	1 batch stewed fruit 1 batch crumble

Method:

Remember to clean up your workstation as you go

1. Preheat oven to 200degrees celcius.
2. Place the stewed fruit into your baking dish.
3. Top with crumble.
4. Bake for 20 minutes.
5. While you wait, make a batch of stewed fruit and crumble for the next class. See next recipe.
6. Place a cloth on the bench next to the stove. Remove crumble from the oven.
7. Allow to cool slightly.
8. Add a spoon to serve.

