

Berry Crisp

You can use any berry or even any fruit. Some fruits are juicier than others. I almost always toss my chopped fruit with a little flour to bind the juice. This is a great dessert if you don't like to bake.

INGREDIENTS

4 cups fruit*
1 T flour (for fruit)
3/4 cup flour (or half oatmeal, half flour)
1 cup brown sugar
1 t cinnamon
1/2 cold unsalted butter, cut in 1/2-in. chunks
1/4 t salt
1/4 c chopped nuts (optional)

Apples take longer to cook than berries. I personally don't like apple crisp so I can't advise here but I believe some water needs to be added. Berries do not need water.



Preheat oven to 350°.

Toss fruit with 1 tablespoon of flour. If you prefer sweeter dessert, sprinkle not more than 1/4 cup of sugar on the fruit. I prefer mine tart.

Add all other ingredients to a food processor and pulse about 10 or 12 times till the mixture is crumbly. But not too long or the butter will soften.

Pour the fruit into a shallow baking dish and then add the crisp topping, spreading it around gently to cover the

fruit. Bake for about 30 minutes until golden brown on top and fruit is bubbling. Place under broiler for a few minutes if you want the topping to be more browned.

I love to combine peaches or nectarines with blueberries or blackberries. Serve with ice cream, plain yogurt, creme fraiche, or on its own.

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