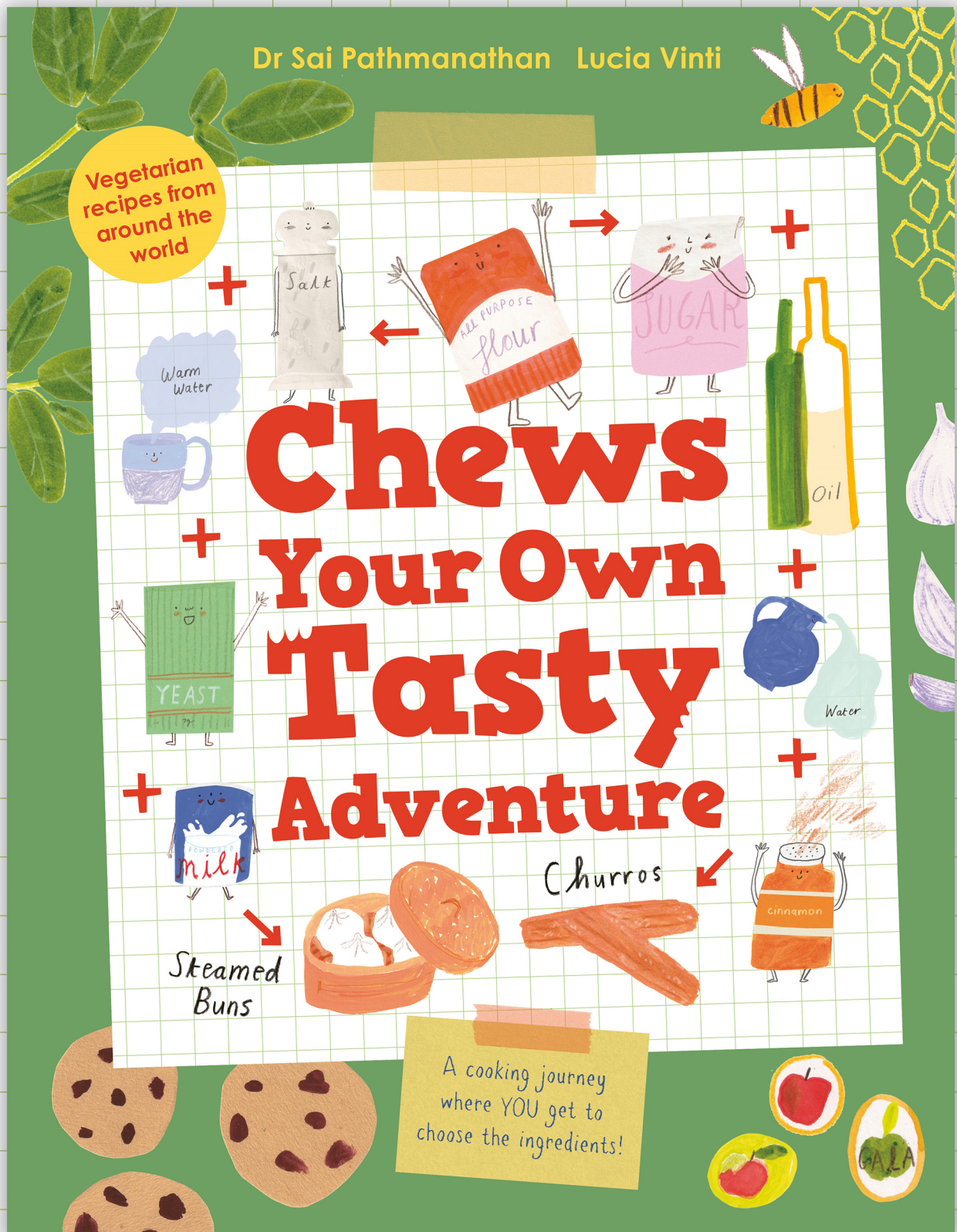


Two fun recipes from . . .



Including Ginger and Apple Crumble
and Mamooul

Ginger and Apple Crumble

Because of rationing during World War Two, pie pastry couldn't always be made, and so the crumble was invented. This meant that the limited ingredients could go further . . . you didn't need a lot of fat and flour to make a lovely crumble.

Crumbles aren't always sweet and fruity. You can make savoury ones too, with vegetables and salty, cheesy toppings, or using herbs and black pepper instead of sugar.

4–6 servings

1 hour

500g apples

150g plain or self-raising flour

75g Demerara sugar

1 teaspoon ground ginger

75g cold margarine (or butter)



1. Preheat the oven to 200°C (180°C fan).
2. Core and peel the apples and cut them into 1cm cubes. Place the apple cubes into a 20cm diameter cake tin or baking dish.
3. In a bowl, mix the flour, sugar and ginger together.
4. Rub the margarine into this flour mixture using your fingers until it looks like breadcrumbs.
5. Sprinkle these 'breadcrumbs' over the top of the apples and press down a little.
6. Bake for 35–40 minutes, until golden brown. Serve with custard, cream or ice cream.



Maamoul

You chose Dates, who can help you make maamoul. The name 'date' is from the Greek word 'daktulos' (δάκτυλος) meaning 'finger', as they're long fruits. Maamoul or ma'amoul are cookies from the Levant area in the Middle East made with flour or semolina and filled with either dates, walnuts or pistachios. They're moulded with wooden moulds, or tabbeh. So it isn't a surprise that maamoul have different shapes depending on what's inside: date maamoul are usually disc-shaped.

Maamoul are eaten at Eid or Easter to celebrate the end of fasting during Ramadan or Lent, as well as during Purim and Rosh Hashanah.



1. Whisk 40ml of oil, the sugar and the cinnamon together in a bowl.
2. Add the flour and rub together with your fingers until it's a bit like wet sand.
3. Add the water and bring everything together into a mouldable, soft dough. Leave the dough in the fridge to rest for 15–20 minutes.
4. Chop the dates into small pieces (they'll be very sticky!).
5. Try moulding the chopped dates into 8 small balls using your hands. Each ball should be about 15g. If they're too sticky, rub a little of the leftover oil on your hands. If the dates aren't sticky enough, microwave them for 15–20 seconds on high.
6. Preheat the oven to 200°C (180°C fan).
7. Take the maamoul dough out of the fridge and make 8 balls out of this, too. Each ball should weigh about 30g.
8. Take a ball of maamoul dough and flatten it in the palm of one hand. Cup your hand so that you turn the dough into a small bowl shape. Pop one of the date balls inside and close up the dough around it. Make sure none of the date mixture is peeping out.
9. You now have a ball of dough with dates inside. Flatten each ball slightly to make them disc-shaped and place each disc equally spaced (1–2cm apart) on a lined baking tray. Why not use a fork to make pretty designs on the top, too?
10. Bake them for 14–15 minutes, until lightly browned.
11. Transfer them carefully to a wire rack to cool, dust with icing sugar while still a little warm, if you'd like, and enjoy!

8 maamoul

1 hour

3 tablespoons (45ml)
vegetable oil

3 teaspoons caster sugar

$\frac{1}{2}$ teaspoon cinnamon

140g self-raising flour

4 tablespoons (60ml) water

130g dates, pitted

icing sugar (optional)

