

Real Food Institute of Midcoast Maine
“Back to Scratch” Cooking and Processing Workshop for Institutions
October 28-29, 2011, Spruce Point Inn, Boothbay Harbor, Maine

MAINE FRUIT CRUMBLE
24 servings

Ingredients

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| Vegetable cooking spray | 1 cup flour, whole wheat Aroostook* |
| 18 cups fruit* | 1 cup honey, Maine* |
| 1 ¾ cups maple syrup | 1 cup MOO milk butter at room temperature* |
| 1 cup flour, all purpose | 2 teaspoons cinnamon |
| 2 cups rolled oats or oatmeal, Aroostook* | 1 teaspoon nutmeg |

Directions

Preheat the oven to 350 degrees and spray a large hotel pan with cooking spray.
Prepare the fruit. Mix maple syrup with the fruit and stir in the flour. Spoon into hotel pan.

Topping

Combine rolled oats, honey, flour, nutmeg and cinnamon. Cut in butter until crumbly. Sprinkle over fruit mixture. Bake in 350 degree oven for 45-60 minutes, or until fruit is bubbly and topping is golden brown. Let cool 10 minutes. Cut into 24 pieces and serve.

Nutritional analysis per serving (approximate, varies with fruit): 285 calories, 3 grams protein, 52 grams carbohydrates, 8 grams fat (0 grams trans fat), 50 mg. sodium, 4 grams fiber.

USDA School Lunch Guidelines: ¾ cup fruit, 1 ounce whole grain

***Seasonal Ingredient Suggestions**

MAY/JUNE: *rhubarb, wild blueberries (frozen)*

Rhubarb: scrub, cut into chunks. May also be frozen for later use.

Wild blueberries: may be used either fresh or frozen, use right from the box.

JULY/AUGUST: *Strawberries, raspberries, blackberries, peaches, plums, wild blueberries*

Strawberries, raspberries, blackberries: pick fruit over, wash well. Blackberries and raspberries may be too seedy to use without combining with another fruit like apples or peaches.

Peaches, plums: wash, cut in half, remove pits and slice. Not necessary to peel, but if desired, blanch in hot water and slip off skins.

Wild blueberries: may be used either fresh or frozen, use right from the box.

(Over)

SEPTEMBER/OCTOBER: *apples, pears, cranberries, wild blueberries (frozen)*

Apples: wash, core and slice. Apples do not need to be peeled. May use lemon juice to prevent browning.

Pears: wash, core and slice. No need to peel.

Cranberries: may be used frozen or fresh. May need to adjust sweetener due to tartness. Best when combined with other fruits like apples or wild blueberries.

Wild blueberries: may be used either fresh or frozen, use right from the box.

NOVEMBER/APRIL: *apples, wild blueberries (frozen)*

Apples: wash, core and slice. Apples do not need to be peeled. May use lemon juice to prevent browning.

Wild blueberries: may be used either fresh or frozen, use right from the box.

Aroostook wheat and rolled oats, Maine honey, and MOO milk butter are available all year.

For more information about seasonal eating and to download copies of seasonal eating brochures and recipes, go to www.mofga.org

For updates to these recipes and/or to include comments and input from your test results, please contact:

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