

## Puddings and Baking



### Ingredients

1lb berries in season  
10 fl oz Greek style  
yoghurt  
stem ginger in syrup  
demerara sugar

## Summer Fruit Brûlée with Ginger Yoghurt

Serves 4

Berry fruits are highly nutritious, and grow in abundance in gardens and in the wild. Use any combination in this recipe.

### Method

Divide the berries into ramekins, or pile into one heatproof dish. Dice two or three knobs of ginger finely, and add to the yoghurt with some of the syrup, to taste. Spread the yoghurt on the berries and sprinkle generously with sugar. Place under a hot grill until browned and bubbling, or use a blowtorch to caramelize the sugar.

## Apple and Bramble Oatmeal Crumble with Butterscotch Sauce

Serves 4

The filling for these delicious crumbles can be changed with the seasons. Try gooseberries, fresh peaches and raspberries, plums, or pears and almonds.

### Method

Pre-heat the oven to 180C / 350F. Cut the apple into thick chunks and sauté in the butter briefly. Add the sugar and cinnamon, and allow to caramelize a little. Add the brambles and sultanas and divide between 4 ramekins. Place the crumble ingredients in a food processor and work together, or rub in by hand, until a crumble mixture is formed. Sprinkle this over the fruit and bake for 15-20 minutes. Bring the sauce ingredients slowly to the boil stirring continuously. Remove from heat. Serve the crumble warm with the sauce and some good vanilla ice cream on the side.

1 large cooking apple,  
peeled and cored  
2oz butter  
3oz sugar  
1 tbsp ground cinnamon  
1lb brambles, picked  
over  
2oz sultanas

### For the crumble

2oz flour  
1oz rolled oats or  
medium oatmeal  
2oz butter  
1oz sugar

### For the sauce

4oz brown sugar  
4oz butter  
4 fl oz double cream  
2 drops vanilla essence

## Life in the Central Highlands around 1900

"My grandmother often lodged as many as 30 drovers in a night and baked to feed them all, besides a dozen smearers and her own family. There was no tea except for a quarter of a pound at the new year, very little sugar, some flour, but they had braxy mutton as black as coal with unlet blood, salmon, kippered for the winter, salt herring, oatcakes, milk, butter and cheese, venison killed with some ancient muzzle loader. There was piping and fiddling and whisky ran like water. You could buy smuggled whisky or make it yourself".