



Fruit Crisp with Super Crunchy Topping

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Bake the topping separately from the fruit for a super crunchy topping that provides a striking contrast to the soft, sweet fruit inside.

This type of Fruit Crisp is typically served warm, sometimes with ice cream or whipped cream, which adds another layer of contrast of cold vs. hot. But if you use coconut oil instead of butter, it makes a naturally parve dessert that certainly doesn't miss the ice cream.

The amount of sugar you use depends on the sweetness of your fruit and personal preference. It needs some amount of sugar to achieve the bubbly saucy texture, but a quarter cup is enough if your fruit is really ripe and sweet and you prefer a less sweet dessert.

Ingredients

For the Topping

½ C brown sugar
½ C flour
½ C quick cooking oats
½ C chopped nuts, any
¼ tsp salt
1 tsp vanilla
½ C butter, melted
OR
½ C liquid coconut oil

For the Fruit

4-5 C fresh fruit
About 3-4 TBSP flour
¼ - ½ C sugar
¼ tsp salt
Optional:
1 tsp vanilla
1 tsp cinnamon
Freshly grated nutmeg
1-2 TBSP fresh tarragon & 1 tsp crushed
pink peppercorns

Directions

Make the Topping

1. Preheat oven to 350 degrees.
2. In a bowl, combine all topping ingredients.
3. Spread on parchment lined baking sheet in a single layer.
4. Bake about 10 – 12 minutes.
5. Remove from oven, break up, redistribute & bake 10 – 12 minutes more,
6. Check again, redistribute & bake another 4-8 minutes until golden brown.
7. Remove from oven; topping will get crunchier as it cools. Break it up into bits and pieces.

Note: DO NOT touch the topping with your bare hands while it is hot. The hot sugar and oil will burn on contact.

Meanwhile, prepare the Fruit

1. In a bowl, combine all ingredients.
2. Pour into baking dish deep enough to hold it all without it bubbling over as it bakes.
3. Bake 20 minutes, stir & bake 10-15 minutes more until fruit is cooked through and bubbly.
4. To serve, spoon hot fruit into individual bowls and top with crunchy topping.

OR

5. Scatter topping over entire top of fruit in baking dish. Spoon out to serve.