

Chef's Hub

As winter is approaching here is a great recipe for apple crumble which is very easy to make. Serve hot with a treat of custard or vanilla ice-cream. If you like you could add your choice of berries to the apples once they are cooked.



Apples:

An apple makes an ideal healthy snack - easy to carry, filling and refreshing. Some varieties are a good source of vitamin C which helps to maintain the immune system. Traditionally apples are used to treat digestive upsets. Uncooked apples are good for treating constipation, while stewed apples are good for diarrhea.

Caramelised apple crumble (5 portions)

750 g cooking apples, peeled and diced

75 g butter

75 g caster or brown sugar

Crumble topping:

50 g breadcrumbs (almond meal can be used for a nice nutty touch as long as there are no allergies in the family)

50 g castor sugar

100 g cold butter, diced

50 g oats

1 tsp cinnamon

Pinch of salt

Preheat an oven to 180 C. Melt the butter and sugar until bubbling, stir in the apples and cook over medium heat for about 5 minutes.

In a large bowl, mix together all the ingredients for the topping and rub them together with your fingers to make the crumble.

Sprinkle a heaped tablespoon of the almond meal or bread crumbs into the base of an 18 cm greased round ovenproof dish. Spoon over the cooked apples and cover with the crumble topping. Sprinkle a little water over the topping and bake in the oven for 30 minutes.

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Young children often have more sophisticated tastes than we give them credit for and it's important to introduce lots of variety at a young age when children are more likely to accept new tastes. Most children love curry and Habitat's fruity chicken curry is one of the most popular dishes on our menu.

Here is another child friendly tasty curry that is easy to make.

Mild beef curry

- 1 tbsp vegetable oil
- 2 onions, peeled and chopped
- 1 clove garlic, crushed
- 1 tsp ginger, grated
- 500 g stewing steak (blade or round steak) cut into cubes
- 2 tbsp mild curry powder
- 1 green capsicum, de-cored, de-seeded and cut into pieces
- 200 ml beef stock
- 2 tbsp tomato puree
- 200 ml coconut cream (can be substituted with cooking cream)
- 3 tomatoes, de-seeded, skinned and chopped (can be substituted with chopped tinned tomatoes)

Heat the oil in a saucepan and fry the onion, garlic, and ginger until soft (5-6 minutes). Add the beef and curry powder and cook until browned. Stir in the capsicum and cook for 1 minute. Add beef stock, tomato puree, coconut cream and season with salt and pepper. Bring to the boil and simmer on low heat for 45 minutes, then stir in the tomatoes and cook until thickened (a further 10-15 minutes). Check seasoning and served with steamed rice.