

Basic Vegetable Crumble

You can change the filling with the seasons, making green and summery fillings in the spring and summer and heartier root vegetable crumbles in fall and winter.

Ingredients:

For the filling:

About 1--1½ LB mixed vegetables such as

- squash: summer or winter
- asparagus
- broccoli, cauliflower
- carrot
- celery, celery root
- fennel bulb
- potato
- sweet potato
- onion
- leek
- scallion
- mushroom
- sweet pepper
- kale, chard
- peas
- green or wax beans
- sweetcorn kernels

Optional:

Fresh herbs

3-4 oz leftover roast chicken or ham, chopped

14 oz beans, (cannellini, black, etc.) drained and rinsed

For the crumble:

¾ c. whole wheat flour

3½ oz butter, softened

Handful of rolled oats

Freshly ground black pepper

2 T. sunflower or pumpkin seeds (optional)

For the sauce:

2 T. butter

1 garlic clove, crushed

2 T. all-purpose flour

14 oz milk or vegetable stock

pinch salt

Grated cheese (optional)

Method:

Preheat oven to 400F.

Chop or slice all vegetables into small uniformly-sized pieces and set aside.

For the crumble, in a mixing bowl or food processor, cut flour and butter together until mixture resembles bread crumbs Stir in the oats, cheese, pepper and optional seeds. Set aside.

Melt butter in a large saucepan until slightly bubbly. Add garlic and stir for a minute. Add flour and stir well for another minute, until mixture begins to brown slightly. Gradually add stock or milk a little at a time, stirring constantly until thickened. Salt and pepper to taste.

Add the chopped fresh vegetables to the sauce and cook gently for five minutes, stirring often. Add any of the optional extras and combine well. Pour vegetable mixture into 8" square baking dish.

Sprinkle the crumble mixture over vegetables, covering evenly.

Place dish onto a baking tray (to catch any spills) and bake for 30-40 minutes or until topping is golden-brown.

Yield: 4-6 servings