

Fruit and Nut Crisp

(Oh, how I love making and eating this. You can use one variety of baking apple or a combo, as well as a combo of apples and/or pears and/or Asian pears.)

Ingredients:

Crisp topping:

- 1 cup flour (I use organic, white, unbleached)
- 1 cup rolled oats (old-fashioned or quick cooking, not steel-cut)
- 1/2 cup chopped toasted nuts (I like pecans for this but choose what you like/have)
- 1/2 cup brown sugar
- 1 teaspoon cinnamon
- 1/2 teaspoon ginger
- ***The following spices add flavor but are not necessary, so smell and decide how much spice you prefer.***
 - 1/4 teaspoon nutmeg (*freshly grated is lovely*)
 - 1/4 teaspoon allspice
 - 1/4 teaspoon cloves
- 1 stick (8 oz.) room temperature butter, cut into 1/2" cubes or thin slices -- I prefer unsalted, but use what you like/have.

Fruit:

Use one variety or combine fruit varieties of fruit or different types of fruit

- Apples -- baking apples include fuji, granny smith, honey crisp, Jonagold, Braeburn, pink lady, Winesap
- Pears -- Bosc, Bartlett, Anjou, Concorde, French butter pears
- Asian pears
- 8-10 apples, pears or Asian pears, peeled (peeling is optional but I prefer the texture of just fruit.) If the fruit is especially large, you may need less. You'll need about 8 cups of cubed apples. Of course, you can make a smaller crisp if you have less fruit.
- 1 tablespoon unbleached white flour
- 1-2 tablespoons brown sugar
- 1/2 teaspoon cinnamon
- 1 lemon, juiced (not necessary if the fruit doesn't brown -- such as fuji apples)

Preparation:

For crisp topping:

1. Mix dry ingredients together in a bowl until combined well. You can toss, use your hands, a rubber spatula or a large spoon.
2. Add butter and combine with your clean hands until the mixture is clumpy and holds together when pressed into a ball in your hands. It still should be loose, only some bits need clump.

For apples/fruit:

1. Peel fruit (optional). Use an apple corer/slicer, or core then cut the apples into $\frac{3}{4}$ " to one 1" pieces. Place in a large bowl.
2. Squish the juice of one lemon. This will keep the fruit from browning and will also provide enough moisture that the flour/sugar/cinnamon still stick to the fruit when mixed.
3. Add the flour, sugar and cinnamon to the fruit. Mix well with your hands until all is combined.
4. Lightly butter a baking pan large enough to hold all the fruit with room for topping. Pour apples/fruit into the pan. Top with crisp topping.
5. Bake in a 350-degree oven for 30-45 minutes until the fruit is lightly bubbling and the crisp is golden. Cool until warm (if you can wait.) Serve with vanilla (or dulce de leche) ice cream.
6. Swoon.

