

Ingredients

- 5 large pears
- 25g unsalted butter
- 100g fresh or frozen blackberries
- 50g caster sugar

Crumble topping :

- 75g unsalted butter
- 40g ground almonds
- 40g porridge oats
- 160g plain flour
- 40g soft dark brown sugar
- 40g demerara sugar
- 1 pinch ground ginger



Cooking in the kidney kitchen with Chef Ripley

Preparation

Filling

1. Pre-heat oven to 160 cc - fan oven; gas mark 4.
2. Peel, core and roughly chop the pears.
3. Melt the butter in a pan and add the pears. Cook until soft, turning frequently until most of the liquid has evaporated. Add the blackberries and sugar and stir until the sugar has dissolved.
4. Remove from the heat.

Crumble topping

1. Mix all the crumble ingredients in a food processor or mixer, or in a bowl rub together using the tips of your fingers until the mixture resembles breadcrumbs. It is okay to leave a few little lumpy bits as these add character to the finished dish.
2. Fill an oven-proof serving dish with the fruit mixture and spoon the crumble mix over the top. Bake for 20 minutes until topping is golden brown.

Serve with cream (clotted cream if you are feeling indulgent) or a low-fat crème fraiche.



Food Facts

- **Healthier option:** For those on a weight-reducing diet or wanting to reduce the amount of sugar and fat in their diets there are various options you could choose -

- Replace the sugar with artificial sweeteners - there are several available on the market which can be used in baking
- For the crumble topping, the unsalted butter could be replaced with a low-fat spread or 50:50 butter & low fat spread
- Serve with a low-fat crème fraiche or custard made with skimmed milk.

- **Fluid:** Some kidney patients will be advised to limit the amount of fluid they drink. If you have been advised to limit your fluid intake then please remember that cream, custards and ice cream should be included in your fluid allowance.

- **Phosphate and potassium:** This recipe contains fruit which is a source of potassium and some kidney patients are advised to restrict their potassium intake. Per serving this crumble will provide one and a half portions of fruit, so if you are on a potassium restriction you may need to limit fruit elsewhere in the day.

Creams are relatively low in phosphate, a mineral some kidney patients should limit, so are an ideal accompaniment unless you are trying to lose weight.

- **Storage:** Refrigerate any leftover Crumble and eat within 2 days.
- **Cheaper options:** To reduce the cost of this dish you could use tinned fruit or seasonal fruits.

