

Orange, Apple and Cranberry Grunt (Serves 8-10)

The robustly named Grunt is a traditional dessert from the eastern coast of the United States. It is similar to a cobbler and combines steamed winter fruit topped with relatively low-fat pastry. This version is redolent with Christmas spice.

1. Pre-heat the oven to 180°C/gas mark 4.
2. Peel and slice 3 of the oranges, juice the fourth.
3. Combine the cranberries, orange, apples, water, muscovado sugar and spices in a large pan. Slowly bring to a boil and simmer for 20 minutes.
4. Meanwhile, combine the flour, baking powder, salt, sugar and butter in a food processor. Pulse until crumbly. Add the milk and pulse again.
5. Transfer the fruits to an ovenproof ceramic dish. Scoop out the pastry and drop over the fruits.
6. Bake for 20 minutes or until the pastry is golden. Serve with custard.

Recipe provided by www.cambridgecookeryschool.com

INGREDIENTS

- 4 large oranges
- 300g of fresh cranberries
- 2 aromatic dessert apples
- 125ml water
- 100g light Muscovado sugar
- A small pinch of ground cloves
- A large pinch of ground nutmeg
- ½ teaspoon ground cinnamon
- 200g plain flour
- 1 heaped teaspoon of baking powder
- ½ teaspoon salt
- 2 tablespoons caster sugar
- 60g cold unsalted butter
cut into small cubes
- 100ml/3 fl oz milk