

Summer Fruit, Honey, and Hazelnut Crumble

In Anglo-Saxon times, a baked dessert like this would have been sunk in the embers of the log fire with a cauldron or pot upturned over it to form a lid.

1kg mixed soft summer fruits (raspberries, loganberries, strawberries, currants, bilberries or whatever is available)

Honey or brown sugar to taste

75g tasted hazelnuts

75g wholemeal or wholewheat brown breadcrumbs



Put the fruits in a pan or microwave dish with about 2cm water in the bottom and cook gently for 10-15 minutes (4-6 minutes in microwave), or until the fruits are soft without being totally mushy.

Sweeten to taste with honey or brown sugar (the Saxons would have used honey); how much you need will depend on which fruits you have used.

Drain the excess juice and save to serve with the pudding.

Next, chop the hazelnuts in a food processor or liquidiser until they are almost as fine as the breadcrumbs, but not quite, then mix the two together.

Spoon the fruit into an ovenproof dish and cover with a thick layer of hazelnuts and crumbs.

Bake in a moderate oven (180C, 350F, Gas Mark 4) for 20-30 minutes or till the top is slightly crunchy and browned.

Serve with lots of cream or plain yogurt and the warmed fruit juices.

From The British Museum Cookbook by Michelle Berriedale-Johnson (British Museum Publications, 1987, 978 07141 16631).