

# Original Flava's plantain and apple crumble

This recipe from Shaun and Craig McAnuff – the brothers behind food sensation Original Flava – gives the humble crumble a Caribbean twist.

“Crumble has to be one of our favourite desserts, so we’ve added in one of our favourite plant-based ingredients: plantain,” says Shaun.

“Plantain honestly makes everything a hundred times better, and it’s no different in this heavenly crumble. Chunks of it with apples, caramelised in a buttery spiced mixture... We just can’t get enough of this crumble, and nor will you.

“The riper the plantain, the sweeter the crumble will taste.”

Craig adds: “We come from a Caribbean community where we’re so used to these ingredients, so we want to show it in a new light.”

“Plantain’s quite a loved vegetable – delicious, it’s in the banana family, it’s sweet but still starchy. There are so many different ways [to cook it], and we wanted to show our community and the world how you can use different Caribbean-based vegetables, and everyday vegetables as well, with added flavour.”

To make your plantains overripe, just pop them in the oven at 180°C Fan/200°C/Gas 6 for 15 minutes.



## INGREDIENTS

(SERVES 4-6)

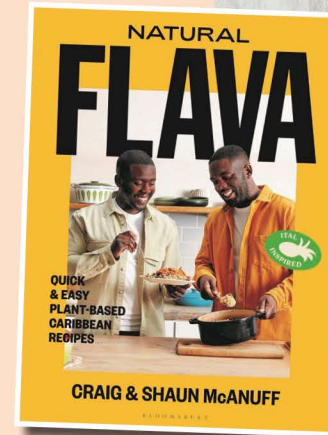
1tbsp vegan butter  
3 apples, cored and cut into 2cm chunks  
3 ripe plantain, peeled and cut into 2cm chunks  
1tbsp vanilla extract  
1tsp ground cinnamon  
Half tsp freshly grated nutmeg  
1 bay leaf  
A little salt  
300ml apple juice  
225g plain flour  
125g soft light brown sugar  
125g vegan butter, cubed

## METHOD

**1** Preheat the oven to 180°C Fan/200°C/Gas 6.

**2** First, make the crumble. In a mixing bowl, combine the flour and sugar. Add the butter and rub it into the dry ingredients with your fingertips until you have a crumbly, even mixture. Set aside.

**3** For the filling, melt the butter in a large pan over a low-medium heat, add the apples and toss around to cook for two to three minutes, then add the plantain, stir and cook for two to three minutes until the edges of the fruit begin to get a bit of colour and soften. Add the vanilla, cinnamon, nutmeg, bay leaf and salt, and stir



to combine. Finally, add 200ml apple juice, stir everything together and simmer for one to two minutes.

**4** Tip the apple and plantain mixture into a large ovenproof dish, about 23 centimetres square, and remove the bay leaf. Add the rest of the apple juice to the mixture, sprinkle the crumble evenly on top and bake in the oven for 35-40 minutes until the crumble is cooked and golden brown.

● Natural Flava: Quick And Easy Plant-Based Caribbean Recipes by Craig and Shaun McAnuff is published by Bloomsbury, priced £22.