



## today's main ingredient

A  LOCAL FOOD PODCAST



# Blueberry Lemon Crisp with Almond Crumble

### INGREDIENTS – For the topping:

1 cup bleached all-purpose flour  
3 Tablespoons sugar  
1/4 teaspoon ground nutmeg  
1/2 cup sliced almonds  
6 Tablespoons unsalted butter, melted

### For the fruit filling:

2 pints blueberries, rinsed, drained, and picked over  
2/3 cup sugar  
2 Tablespoons bleached, all-purpose flour  
1 teaspoon finely grated lemon zest  
1/4 teaspoon ground cinnamon  
1/4 teaspoon ground nutmeg  
1 Tablespoon lemon juice

*Preheat the oven to 450°F*

**STEP 1** – For the topping: Combine the flour, sugar and nutmeg in a mixing bowl. Stir well to combine, then stir in the sliced almonds. Stir in the melted butter evenly. Set aside for 5 minutes. Then, using your fingertips, break the mixture into 1/4-inch to 1/2-inch crumbs. Set aside.

**STEP 2** – For the fruit: Combine the sugar, flour, lemon zest, cinnamon, and nutmeg and stir well. Toss the berries with lemon juice. Then add the flour to the blueberries and toss well. Transfer to an 1 1/2-quart baking dish. Top with crumbs.

**STEP 3** – Bake for 20 minutes or until the crumbs are golden brown and the filling is bubbling gently. Serve warm or at room temperature.