

For that
authentic

I picked
the berries
at dawn

feeling.

THE REAL FOOD EXPERIENCE
EQ VILLAGE MARKET / WED & SAT 10AM - 3.30PM



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FOR THAT REWARDING
"I made it myself"
EXPERIENCE



CARAMEL CRUMBLE APPLE MUFFINS

(Makes 6 standard sized muffins)

INGREDIENTS:

100g unsalted butter, softened

100g brown sugar

1 large Cornucopia free-range egg

140g plain flour

1 heaped teaspoon baking powder

1/2 teaspoon cinnamon

50ml (1/4 cup) Country Valley Milk

150g caramel cooked apples (2 large Roche Brothers Delicious apples, peeled & cored, chopped into roughly 1cm dice & cooked in brown sugar, cinnamon, a pinch of nutmeg & butter until caramelised & tender)

FOR THE CRUMBLE TOPPING:

70g plain flour

40g demerara sugar

40g unsalted butter, softened

METHOD

Preheat the oven to 190°C. Place 6 muffin cases in a muffin tin.

Cream the butter for 1-2 minutes then gradually add the sugar.

Cream until pale, then beat in the egg.

Sift in the flours, baking powder, cinnamon and a pinch of salt, then stir in the milk.

Gently fold in the cooled caramel apple dice.

Fill the muffin cases with this mixture.

To make the crumble: place the flour in a bowl, then stir in the sugar.

Rub in the butter until it resembles breadcrumbs.

Top each muffin with some crumble mixture, pressing down gently.

Bake for 20-25 minutes until golden brown and risen.

Remove to a wire rack & eat warm or at room temperature.



Recipes by Darrell Griggs

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