



CLONAKILTY

KEFIR & FRUIT CRUMBLE



IRISH YOGURTS

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Kefir & Fruit Crumble

Recipe by Chef Edward Hayden

Ingredients

- **Fruit Compote**
- 3-4 cooking apples
- 4oz/110g caster sugar
- 5oz/150g raspberries
- 3-4 dessertspoons of water
- **Honey & Cardamom Kefir**



- 6 tablespoons Irish Yogurts Clonakilty Kefir Natural
- 1 tablespoon honey
- 6 Cardamom Pods-Shells removed (just use seeds)

- **Crumble Topping**

- 250g plain flour
- 150g butter
- 125g brown sugar
- 50g flaked almonds/chopped hazelnuts
- Pinch cinnamon

Directions

- **For the Fruit Compote**

- Place all the apples, sugar and water together in a medium saucepan and bring to the boil. Reduce the heat and simmer for 10-15 minutes until they just begin to soften
- Do not allow the mixture to become smooth-it is nice to have lumps of fruit still contained. At this stage mix in the fresh raspberries. Allow to cool completely

- **For the Honey & Cardamom Kefir**

- Combine all ingredients together and store in the fridge until required

- **For the Crumble**

- Preheat the oven to 180°C/350°F/Gas Mark 4
- Rub the flour, butter, sugar and cinnamon together. Add the almonds/hazelnuts at this stage
- Spread onto a tray and bake for 12-15 minutes until crispy. Allow to cool down

- **Assembly**

- Layer the fruit compote up with the yogurt and crumble topping either using one or two layers of each throughout
- Garnish with a sprig of fresh mint, edible flowers or fresh fruit