10TH ANNIVERSARY GUEST EDIT #5

Jameela Jamil takes over STYLIST

The Diet Destroyer

On a mission to take down the weight-loss industry

Jameela

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Gourmet On-The-Go

EAT, SLEEP, CRAVE, REPEAT

LIKE WATCHING *FRIENDS* RE-RUNS UNDER A DUVET ON THE SOFA, IN CRUMBLY, CUSTARDY FORM

Make Jameela's go-to comfort food

"I love a gluten- and dairy-free fruit crumble. It's the best comfort food. Served with vegan ice cream, it's my absolute favourite," says Jameela

Gluten-free apple and berry crumble

A dedicated sweet tooth, Jameela's pick for the food page is up there as one of the best desserts of all time: apple crumble. A winner at any time of year, this is particularly tempting when the weather is a bit grim and you can cosy up on the sofa with a box set. Food blogger Becky Excell's recipe is both gluten- and dairy-free – so coeliacs and vegans can all get involved. Serve it in a Staub cast iron pan for extra foodie points.

Preparation time: 10 minutes

Cooking time: 40 minutes

FOR MAXIMUM DECADENCE EAT WITH A GOLDEN SPOON

INGREDIENTS

(Serves 6-8)

For the crumble:

- 85g hard margarine (or butter if not dairy-free)
- 170g gluten-free plain flour
- 70g light brown sugar
- 3 tsps ground cinnamon
- 50g gluten-free oats (if you can't tolerate oats these can be removed)
- 40g pecan nuts, chopped (optional)

For the fruit:

- 300g cooking apples (you can use other apples if you prefer)
- 30g hard margarine (or butter if not dairy-free)
- 30g light brown sugar
- 70g blackberries
- 70g raspberries (you can change the berries up if you want)
- ¼ tsp ground cinnamon

METHOD

Step 1: Rub together the margarine (or butter, if not dairy-free) and gluten-free plain flour. Do this until it forms a breadcrumb texture.

Step 2: Stir in the sugar, cinnamon, oats and pecans (if using). Put to one side while you tend to your fruit.

Step 3: Peel and chop the apples. (The smaller you chop them the more of a compote texture you'll get. You can leave them a little chunkier, but they still totally soften once cooked.)

Step 4: Place 30g hard margarine (or butter) and 30g sugar into a saucepan and gently melt them together. Once melted, leave on a medium heat for a couple of minutes so it starts to caramelise a little.

Step 5: Add the chopped apples and ¼ tsp of cinnamon to the saucepan. Stir for 2-3 minutes before adding the berries. Cook for a further 2-3 minutes – some of the berries will start to break up a bit.

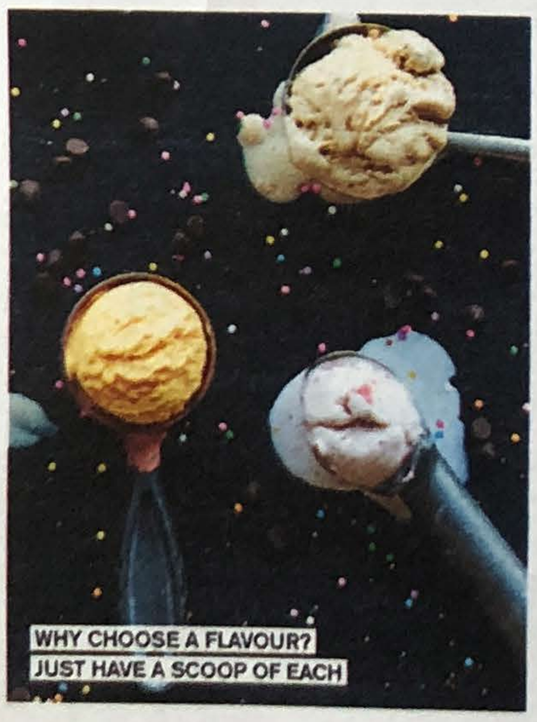
Step 6: Preheat your oven to 200°C/180°C fan/gas mark 6.

Step 7: Place all your fruit and any juices in an ovenproof dish (you can use a skillet but any dish would be fine). Top with the crumble mixture evenly and place in the oven for 25-30 minutes. The top should be a little golden and the fruit all cooked.

Step 8: Serve with your choice of custard, ice cream or cream. There are dairy-free options of all of these available (see below for suggestions). Enjoy!

Recipe by Becky Excell, a gluten-free food blogger @beckyexcell and glutenfreecuppatea.co.uk

WORDS: JENNY TREGONING PHOTOGRAPHY: BECKY EXCELL



WHY CHOOSE A FLAVOUR? JUST HAVE A SCOOP OF EACH

Eat with... vegan ice cream

Dairy-free ice creams to serve with your crumble (or scoop straight from the pot, we won't judge).

BOOJA BOOJA HUNKY PUNKY CHOCOLATE

From the makers of the most indulgent truffles – vegan or otherwise – this chocolate ice cream uses organic cashews to make it super-creamy (£5.99, ocado.com).

SWEDISH GLACE RASPBERRY

The original vegan ice cream, Swedish Glace is known for its highly scoopable soy-based vanilla, but raspberry is perfect for sweet tooths (£2.50, waitrose.com).

YORICA VANILLA

Free-from all 14 of the major allergens (a win-win for hosting tricky eaters), this rice and coconut dessert from Soho's vegan ice cream specialists is pure, melty goodness (£4.99, waitrose.com).

COCONUTS ORGANIC DOUBLE CARAMEL

Made with coconut cream and unrefined coconut sugar, Coconuts Organic covers off all the classic flavours – mint choc, rum and raisin – but double caramel is our winner (£5, tesco.com).

BLUE SKIES MANGO AND PASSION FRUIT

Another coconut-based ice cream (and a Great Taste Award-winner), this is like a sorbet and ice cream cross – a refreshing, tropical treat (£4.