Baked Apple-Miso Crunch Pots

6 dessert pots in 200 ml jars, plus 6 separate portions of baked crumble | Active 40 min | Cook 45 min | Total 190 min

Ingredients

- 600 g peeled, cored apple, cut into 1 cm dice
- 15 g unsalted butter for the apple
- 30 g fine sugar for the apple
- 40 ml water
- 15 ml lemon juice
- 15 g mild white miso paste
- 300 g plain thick yogurt made with pasteurized milk
- 60 g rolled oats
- 45 g all-purpose flour
- 40 g cold unsalted butter for the crumble
- 30 g fine sugar for the crumble
- 1 g ground ginger
- 1 g fine salt

Set out

Oven, Rimmed tray with at least 30×20 cm usable area, Baking paper, 20 cm saucepan, at least 1.5 L, Knife and spoon, Mixing bowl, Heatproof shallow container, Digital scales, Six 200 ml lidded food jars and six 60 ml dry topping tubs, Food thermometer, Ice-packed cooler

Allergens

Milk, Soy, Wheat. Check labels and substitutions.

Make it

1. Heat the oven to 350°F (180°C) and line the tray. Rub the 40 g cold butter into the oats, flour, 30 g crumble sugar, ginger and salt until small clumps form. Spread the complete mixture in a thin layer. Bake 18-22 minutes, turning the clumps once, until golden and fully baked rather than floury. Cool separately.

2. Meanwhile put the apple, 15 g butter, 30 g apple sugar and 40 ml water in the saucepan. Cover and cook gently for 8 minutes. Uncover and cook 12-17 minutes more, stirring, until every piece is tender and there is no loose watery pool. Mash about half the fruit with the spoon.

3. Before adding the lemon and miso, check that the apple is tender with no watery pool; the cooked apple base will usually be about 490-530 g. If it is still watery, cook a few minutes longer. Remove from the heat and stir in all the lemon juice and miso. The finished fruit will be roughly 520-560 g; use the tender, thick texture rather than an invented exact evaporation rate.

4. Spread the fruit in a shallow container and cool 20 minutes. Refrigerate it and the separate yogurt at 40°F (4°C) or below until the fruit is fully cold, allowing 2 hours. The cooked fruit must enter refrigeration within 2 hours of cooking, or 1 hour above 90°F (32°C).

5. Divide all the cold apple equally among the six jars, then add 50 g yogurt to each. Divide all the completely cooled crumble equally among the six dry tubs, about 25-28 g each. Close the jars and topping tubs separately. At serving, each person adds one full crumble portion to one pot.

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Bring it

Carry six closed cold pots upright in a fitted container, with the dry crumble tubs bagged separately so cooler moisture does not enter them. Bring six spoons as part of the kit. Keep at 40°F (4°C) or colder in an ice-packed cooler and at the gathering. Count all time out of cold control during packing, transport and display together: no more than 2 hours, or 1 hour above 90°F (32°C).

Finish at the gathering

Ready after a 10-second sprinkle per pot. No host hob, oven or extra ingredients are needed. Let guests open one matching topping tub when they are ready to eat rather than topping every pot on arrival.

Make it yours

For a winter supper, use the six jars as a small sit-down finish. At an all-year board-game party, keep them in the cooler and hand them out between rounds; the finished portions remain the same.

Ingredient labels

Miso supplies soy and may also contain barley or wheat. Oats and miso labels need checking for gluten-containing grains and cross-contact; the flour itself already contains wheat.

A useful detail

The crumble bakes while the apple cooks. Allow 20 minutes to measure and prepare, 25 for the longer cooking branch, 20 to cool, 120 to chill and 5 to assemble:190 total. The 45-minute cook figure sums the two heat tasks, which overlap. Assembly and packing contribute to the 40 active minutes.

Another way

Replace the 600 g apple with 600 g peeled, cored firm pear. Cook to the same tender, thick fruit endpoint rather than relying on the apple timer.

Use 300 g plain thick soy yogurt in place of dairy yogurt; milk remains in both butter measures unless those are separately changed. Keep the same cold chain and state the actual allergens.

Keep it well

Keep apple-yogurt pots at 40°F (4°C) or below for up to 2 days. Store fully cooled crumble separately in a clean airtight tub at cool room temperature for up to 2 days for texture. Once topping is added, the pot is best eaten promptly. Do not treat the miso or lemon as a preservation step.