



Peach Crumble Cups

France | Baking

Spotlight: California peaches

Drink pairing: Lait à la Vanille (cold vanilla honey milk)

"Le crumble" is a favourite in French cafés — sweet fruit under a buttery, sandy topping that you rub together with your own fingers. Late-summer peaches make it golden and bubbling.



Ingredients (makes 8–14 portions)

- 4–5 ripe-but-firm peaches
- 1–1 1/2 cups all-purpose flour
- 1/2–3/4 cup brown sugar
- 2–3 Tbsp granulated sugar
- 1/2–3/4 cup cold butter
- 1/2–3/4 tsp ground cinnamon
- 1–1 1/2 Tbsp cornstarch
- 1 lemon
- 1–1.5 quarts milk
- 1/4–1/3 cup honey
- 1–1 1/2 tsp vanilla extract
- 12–16 muffin liners
- 1/4–1/2 tsp salt

Steps

1. Slice the peaches and toss them with granulated sugar, lemon juice and cornstarch.
2. Divide the peaches among muffin liners, filling each about two-thirds full.
3. CRUMBLE: rub the flour, brown sugar, butter, cinnamon and salt between your fingertips until it looks like sand with a few pea-sized lumps. This is the best part — use your hands.
4. Spoon the crumble over the peaches and press it down lightly.
5. An adult bakes at 375°F for 20–22 minutes until the topping is golden and the fruit is bubbling at the edges.
6. While they bake, stir honey and vanilla into cold milk for lait à la vanille. Let the crumbles cool 5 minutes — hot fruit holds its heat.

Substitutions: Gluten-free: 1:1 gluten-free flour blend in the crumble. Dairy-free: dairy-free butter and plant milk. Egg-free: naturally egg-free.

Cooking this at home: For four cups, use 1 peach, 1/4 cup flour, 2 Tbsp brown sugar, 2 Tbsp cold butter, and a pinch of cinnamon. Rubbing the crumble together is entirely a child's job — the messier the better.