Fuyu Persimmon & Walnut Crisp

富有柿とくるみのクリスプ

22 × 22 × 5 cm square baking pan | Serves 6



Fruit filling

- 650 g firm-ripe Fuyu persimmons (peeled and cored weight), sliced 6–8 mm thick
- 20 g brown sugar (reduce to 10 g if fruit is very sweet)
- 1 Tbsp / 15 ml lemon juice
- 11 g cornstarch
- ½ tsp vanilla extract
- Small pinch of salt
- Optional: tiny pinch of cinnamon

Walnut-oat crisp topping

- 65 g rolled oats
- 50 g all-purpose flour
- 50 g walnuts, coarsely chopped
- 40 g brown sugar
- 55 g cold unsalted butter, cut into small cubes
- Small pinch of salt

Method

1. Preheat the oven to **180°C** (conventional heat). Lightly butter the 22 × 22 × 5 cm baking pan.
2. Peel and core the **persimmons**; cut into slices 6–8 mm thick. Choose fruit that is ripe and sweet but still firm enough to hold its shape.
3. Gently toss the fruit with **brown sugar**, **lemon juice**, **cornstarch**, **vanilla**, **salt**, and optional **cinnamon**. Spread evenly in the baking pan.
4. Combine the **oats**, **flour**, **walnuts**, **brown sugar**, and **salt** in a bowl. Rub in the cold butter with your fingertips until coarse crumbs and small clumps form.
5. Scatter the topping evenly over the fruit. Do not press it down.
6. Bake for approximately **35–40 minutes**, until the topping is golden brown and the fruit juices bubble around the edges. Start checking at 30 minutes; loosely tent with foil if the walnuts brown too fast.
7. **Let stand 10–15 minutes** before serving so the filling can settle. Serve warm, plain or with a spoonful of unsweetened Greek yogurt or vanilla ice cream.

Notes

- This quantity is scaled for your 22 cm square pan; the fruit should form a relatively shallow layer beneath a generous crisp topping.
- Avoid very soft persimmons, which may collapse into purée during baking.
- The filling is deliberately lightly sweetened so the delicate Fuyu flavor remains noticeable.
- Refrigerate leftovers covered; reheat uncovered in the oven to restore the topping's crispness.

Nutrition

350 Kcal | Protein 4.7 g | Fat 16.2 g | Sat. Fat 6.0 g | Carbs 50.8 g | Sugars 25.5 g | Fiber 4.8 g | Sodium 15 mg | Omega-3 0.8 g