Seasonal Cooking with Rhubarb – June 2018

Most allotments have a Rhubarb plant. Rhubarb contains vitamins A, B and K, lots of fibre and almost no calories, in other words it has loads of positive health benefits, yet is often overlooked in the kitchen. Collect any last remaining young stalks from the centre of the plant and try these simple recipes.

Wash and cut into short lengths about 2cm / 1 inch in length.

Add the rhubarb to a pan containing a very small amount of water and simmer slowly on a low heat until all the juices have been released and the rhubarb is soft. Be patient, this may take a while. Do not try to hurry the process as boiling destroys the vitamins.

Once softened add a small amount of sugar to the pan and bring to the boil, stirring constantly to prevent the sugar sticking to the base of the pan. Once the sugar has dissolved remove from the heat. Pack in a container, cool and freeze.

The Rhubarb can be added to breakfast cereal, combined with Yoghurt or other fruits for a delicious, tasty and healthy snack.

And for something more adventurous using strawberries and raspberries.

**Rhubarb Fruit Salad**

350 gm / 12 oz prepared rhubarb

100 gm / 4 oz granulated sugar

225 gm / 8 oz raspberries

225 gm / 8 oz strawberries

3 tablespoons water

wipped cream or yoghurt

Prepare the rhubarb as before.

Once softened and with the sugar dissolved, add the raspberries and cook for a few minutes more then turn into a serving dish.

Add the fresh washed strawberries to the cooked fruit once it has cooled, then chill.

Just before serving add whipped cream and perhaps a little whisky or brandy.