



Week Seventeen



WHAT'S NOT TO LOVE ABOUT RHUBARB?

Rhubarb is one of those things which you either love or hate. It is very easy to have a crown growing in even the smallest garden and is very versatile and useful in the kitchen in either sweet or savoury recipes. You always have some available. In my garden I have it to pick all year round.

RHUBARB CRUNCH - from our River cookbook

We'll start with the sweet which is always the best place to start.

2 cups cooked rhubarb

1 cup strawberries

1 cup drained fruit juices

1 tbsp lemon juice

1/2 cup sugar

75g, butter melted

1 cup rolled oats

3/4 cup brown sugar

1 tsp grated lemon rind

1/2 tsp cinnamon

1/2 tsp nutmeg

2 tbsp cornflour

Drain rhubarb, combine with chopped strawberries. Combine fruit juices, lemon juice, white sugar and cornflour. Heat stirring constantly until boiling. Simmer 3 minutes. Carefully fold in the rhubarb and strawberries. In another bowl, mix oats, brown sugar, lemon rind and spices. Mix in the melted butter and mix well. Sprinkle half this mixture in a greased ovenproof dish, carefully pour over the fruit mixture, then sprinkle with the remaining crunch mixture. Bake in a slow oven for 20 minutes. Serve hot or cold with custard or cream.



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RHUBARB RELISH - From Well preserved

A quick and tasty relish. Good with cold roasted meats.

2 cups finely chopped rhubarb

2 large onions finely chopped

2 cups brown vinegar

2 cups brown sugar

1 dessertspoon cornflour

1 dessertspoon curry powder

1/2 teasp salt

Put the rhubarb, onions, vinegar and sugar in a large pot. Bring to the boil, then lower the heat and cook for 20 minutes, stirring now and then.

Mix the cornflour and curry powder with a little vinegar and add to the pot, stirring it in—cook for 2 minutes until the flour is cooked. Bottle and seal

Other uses for rhubarb—add some to your favourite muffin mixture, add a few chopped stalks to a lamb or beef stew for extra flavour

As Rhubarb is a favourite of mine, more recipes to come in the next few weeks including a “champagne” made from Rhubarb.