



Poached Rhubarb

Season: Winter/Spring

Type: Sweets & Drinks

Difficulty: Easy

Serves: 30 tastes in the classroom
or 6 at home

Fresh from the garden: lemon, rhubarb

Recipe source: Stephanie Alexander's *Kitchen Garden Cooking with Kids* (Penguin Lantern 2006)

This is a very basic rhubarb recipe. Once you have learnt how to cook the rhubarb so that it's soft but not mushy – so it still holds its shape – you can experiment with different flavours in the poaching liquid, and other ingredients to serve it with: blueberries, cinnamon, ginger and apples are a few favourites.

Equipment:

metric scales, cups and spoons
tea towel
chopping board
kitchen knife
vegetable peeler
medium heavy-based saucepan
mixing spoon
mixing bowl

Ingredients:

600 g rhubarb stems
1 cup castor sugar
2 cups water
1 lemon
few drops rosewater
500 g yoghurt
2 tablespoons honey

What to do:

- Chop the rhubarb into pieces – about 5–6 cm long.
- Peel a slice of rind off the lemon.
- Pour the sugar and water into the pot and heat on low, stirring until all the sugar has dissolved.
- Add the lemon rind, rosewater and rhubarb, and simmer over low–medium heat for about 10 minutes, until quite tender but not mushy. Remove the lemon rind.
- In a bowl, combine the yoghurt and honey.
- Serve the rhubarb with the flavoured yoghurt drizzled over the top.

