

Olive's Kitchen

Rhubarb Fool - Rhubarb can be delicious!

This recipe includes some orange rind for extra tang. The rhubarb is crushed rather than pureed before adding to the cream. Most of the rhubarb is used in the fool itself while some is retained as garnish. Use a double cream that is runny enough to be whipped.

For four people:

- 450 g rhubarb (one large bunch, washed, dried, cut in 1.5 cm chunks)
- 1 cup sugar
- 6 cm sliver orange rind thinly peeled, without white pith, cut crossways into fine julienne
- 300 ml double cream, 45+% fat*
- biscotti or similar (optional)

*(*Use runny double cream: some double creams are too thick. Whipped whipping cream will give a too-thin result.)*



Method:

In a saucepan, combine the rhubarb, orange and sugar. Cook over low heat, stirring often, turning over the pieces so they gradually heat through. Once some liquid starts to form, put on a lid and allow to continue to cook over low heat. Don't cook too quickly as the pieces will fall apart. Cook until the pieces start to soften.

For your garnish, remove and set aside about a dozen pieces that are still intact along with a tablespoon of juice and some orange strands if you can. (Or make some separate strands and soften in hot water.)

Boil the remaining rhubarb briefly if there seems to be too much juice. Use a potato masher or similar in the saucepan to crush the remaining rhubarb and break it up, creating a slight puree effect. Check for taste, add more sugar if needed. Cool to room temperature.

Whip the cream using a beater, fork or whisk aiming for a medium 'whipped cream' effect. Fold the rhubarb into the cream, aiming for a marbled, streaky effect. Spoon into glasses or serving bowls and refrigerate for an hour or so. Garnish with reserved rhubarb and orange.

Serve:

Serves four. Add a biscotti or three if you wish.

Equipment:

Saucepan for cooking the rhubarb.

Difficulty and Time:

Not difficult (2/5). 20 minutes to cook the rhubarb. 10 minutes for assembly.

Notes and variations:

- You could add a tiny dash of liquor to the rhubarb used for the garnish.
- By itself, the 'stewed' rhubarb is delicious for breakfast or other times.