

Poached Rhubarb

Season: Winter/Spring

Serves: 30 tastes in the classroom
or 6 at home

Fresh from the garden: lemon, rhubarb

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 measuring scales, cups and spoons
clean tea towel
chopping board
cook's knife
vegetable peeler
medium heavy-based saucepan
slotted spoon
mixing bowl
serving platter

Ingredients:

1 cup caster sugar
2 cups water
1 slice of lemon rind
a few drops of rosewater
600 g rhubarb stems, chopped into 5–6 cm pieces
500 g yoghurt
2 tbsp honey

What to do:

1. Prepare all of the ingredients based on the instructions in the ingredients list.
2. Pour the sugar and water into the saucepan and heat on low, stirring until all the sugar has dissolved.
3. 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.
4. Combine the yoghurt and honey in the mixing bowl.
5. Transfer the rhubarb from the syrup with the slotted spoon onto a serving platter. (Keep the syrup for another future dish – just store, label and freeze it.)
6. Serve the rhubarb with the flavoured yoghurt drizzled over the top.

