

POACHED RHUBARB

EQUIPMENT

PARING KNIFE, MIXING BOWL, FRYPAN, ICE CREAM SCOOP, SPOON, ZIP LOCK BAG

INGREDIENTS

2 STALKS OF RHUBARB, 20GM ROLLED OATS,
20GM SHAVED ALMONDS, APPROX 100GM CASTER SUGAR,
¼ VANILLA BEAN, ICE CREAM, BABY BASIL LEAVES

METHOD

PLACE SOME SUGAR AND VANILLA INTO A MIXING BOWL

TRIM THE RHUBARB INTO EVEN LENGTHS ABOUT 8-10CM AND PEEL THE OUTER SKIN WITH A PARING KNIFE

PLACE THE RHUBARB AND SKIN INTO THE BOWL OF SUGAR AND TOSS, COATING THE RHUBARB WITH THE SUGAR, SET ASIDE TO CURE FOR 10 MINS

ONCE CURED PLACE THE RHUBARB IN A ZIP LOCK BAG WITH THE SKIN PEELINGS AND SEAL REMOVING AS MUCH AIR AS POSSIBLE

PLACE INTO A PRE-HEATED OVEN STEAM SETTING 65 DEGREES FOR 45 MINS

IN A FRYPAN CRUSH OATS AND ALMONDS IN YOUR HANDS, DRY ROAST OVER MEDIUM FLAME UNTIL GOLDEN AND TOASTED, SET ASIDE AND TOSS THROUGH A PINCH OF CASTER SUGAR

WHEN THE RHUBARB IS COOKED PLACE THE BAG INTO A BOWL OF ICED WATER TO CHILL

REMOVE THE RHUBARB AND PLACE ONTO THE PLATE, DRIZZLE WITH A LITTLE COOKING LIQUID, TOP WITH ICE CREAM, TOASTED NUT AND OAT MIX AND BASIL LEAVES

HINTS & TIPS

- IF YOU PURCHASE YOUNG RHUBARB THAT IS THIN YOU MAY NOT NEED TO PEEL IT BEFORE COOKING
- PLACING THE SKINS IN THE COOKING BAG HELPS MAINTAIN THE COLOUR WHILE COOKING, DISCARD THE SKINS ONCE COOKED
- POACHED RHUBARB LIKE THIS IS A GREAT ADDITION TO YOUR MORNING MUESLI OR FRUIT SALAD OR EVEN A DIFFERENT PAVLOVA