

Rhubarb Fool

While rhubarb remains plentiful and at its best during spring here is a luxurious but simple recipe to show it off

Fool

- 3-4 good sticks of rhubarb (approx 1 1/2 lbs)
- 1 tbsp grated fresh ginger
- zest of 1 lemon
- Juice of 1/2 lemon
- 3-4 tbsp preferred sweetener sugar /honey /maple syrup /xylitol
- 1/2 pt favourite plain yogurt, vanilla or coconut yogurt, or custard

Topping

- Choose your favourite granola or
- Toasted oats and crystallised ginger

Or try this crunchy ginger topping

- 2 cups oats
- 1 cup mixed seeds
- 3 tbsp coconut oil, melted
- 2 tbsp maple syrup

1 tsp ground or finely chopped crystallised ginger

Method

Cut the Rhubarb into 1 inch -ish (2-3cm) chunks.

Bring the Rhubarb, ginger or vanilla, lemon and sweetener gently to the boil in a saucepan, along with a drizzle of water to prevent sticking.

Simmer, stirring occasionally for 10-15 mins until a very soft purée.

Remove from the heat, check sweetness and add more if needed.

Drain any liquid and save to use as a cordial or to drizzle over ice-cream.

Cool the Rhubarb purée in a bowl in the fridge.

For the crunchy ginger topping

preheat oven to gas 6 / 180°fan / 200°C / 400°F / AGA top oven

Mix all of the topping ingredients together then spread the mixture over a lightly oiled baking sheet.

Place in the preheated oven and bake for 10-15 mins until golden, turning the mixture half-way through.

Remove from the oven and allow to cool.

To put the Fool together lightly fold the yogurt or custard into the Rhubarb, creating a layered or marbled appearance. If you prefer a smooth colour stir together until fully combined.

Serve in individual glass serving bowls or tumblers, with the crunchy topping sprinkled over.

The topping recipe also makes a very good granola for breakfast.