



# 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.

