Poached Rhubarb

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 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.