

Across the Fence

Rhubarb Recipes – June 2016

Carolyn Peake's Recipes

Rhubarb Orange Cream Pie

9-inch unbaked pie shell	1 cup sugar
¼ cup butter, softened	¼ cup flour
2 Tbsp. orange juice	3 cups diced rhubarb
3 egg yolks	3 egg whites
1 tsp. strawberry gelatin powder	¼ cup sugar

Place oven rack on lowest level of oven. Preheat oven to 375°F. Line a pie pan with pie crust and make a high, fluted rim. In a large bowl, combine butter, juice, egg yolks, and strawberry gelatin powder. Beat thoroughly. Add 1 cup of sugar and flour, beat well. Stir in the rhubarb. In another bowl, beat egg whites until stiff. Add ¼ cup sugar slowly, continuing to beat. Fold meringue into rhubarb mixture. Pour filling into pie shell. Bake for 15 minutes. Reduce heat to 325°F and bake 45 to 50 minutes longer.

Rhubarb Chocolate Cake

1 box (18.25 oz.) chocolate cake mix	2 cups chopped rhubarb
1 cup water	1 pkg. (3 oz.) cherry flavored gelatin
⅓ cup vegetable oil	1 cup sugar
3 eggs	

Preheat oven to 350°F. Spray a 9x13x2-inch baking pan with non-stick cooking spray. Stir cake mix, water, vegetable oil and eggs in a mixing bowl until moistened, and then beat with an electric mixer on medium speed for 2 minutes. Spread rhubarb over the bottom of the prepared pan, sprinkle gelatin mix and sugar over it. Pour cake batter over the rhubarb mix. Bake until toothpick inserted in center comes out clean, about 1 hour. Check for doneness after 45 minutes. Let cool before serving.

Fresh Summer Fruit Salad

½ cup water	1 apple, cored and diced
⅔ cup sugar	1 peach, sliced
3 cups thinly sliced rhubarb	1 plum pitted and sliced
15 seedless grapes, halved	15 pitted Bing cherries
½ orange, sectioned	¼ cup fresh blueberries
10 fresh strawberries, hulled and halved	

Bring water and sugar to a boil in a saucepan over medium heat. Stir in the rhubarb, turn to low, cover and simmer until rhubarb is soft, about 10 to 15 minutes. Mash and chill in the refrigerator about an hour. To serve, mix the fruits with rhubarb sauce as desired. Stir gently until fruits are coated with sauce. Refrigerate for at least two hours to allow the flavors to blend well.

Bifana

¾ cup sugar
⅓ cup cider vinegar
1 Tbsp. fresh ginger root, minced
1 Tbsp. garlic powder
1 tsp. ground cumin
½ tsp. ground cloves

4 cups diced rhubarb
½ cup chopped red onion
⅓ cup golden raisins
1½ lbs. pork tenderloin
2 tsp. ground cumin
1 Tbsp. olive oil

To make the chutney: Combine sugar, vinegar, ginger, garlic, cumin, cinnamon and cloves in a large saucepan. Bring to a simmer over low heat, stirring occasionally, until sugar dissolves. Add rhubarb, onion and raisins. Increase heat to medium high and cook until rhubarb is tender and mixture thickens slightly. Remove from heat and let cool completely. Preheat oven to 400°F. **To prepare pork:** Sprinkle pork with cumin, and salt and pepper if desired. Heat oil in large heavy skillet over high heat, add pork and brown on all sides for about five minutes. Transfer pork to a roasting pan. Brush with 6 tablespoons of the chutney. Place in oven, brushing occasionally with 6 more tablespoons chutney. Cook until thermometer inserted into center registers 145°F, about 25 minutes. Slice pork into medallions and serve with remaining chutney.

Deb Plumley's Recipes

Walnut Rhubarb Bread

½ cup chopped walnuts
1½ cups unbleached all-purpose flour
1 cup sugar
½ tsp. baking soda
¼ tsp. salt

¼ tsp. nutmeg
1 Tbsp. lemon zest or ¼ tsp. lemon oil
2 eggs
1¼ cups cooked rhubarb*
½ cup vegetable oil

Preheat oven to 350°F. Grease and flour (or spray with non-stick spray) a 9x5-inch loaf pan. In a medium-sized bowl, whisk together the walnuts, flour, sugar, soda, salt, and nutmeg. In a separate bowl, whisk together the lemon, eggs, cooked rhubarb, and vegetable oil. Combine the wet ingredients with the dry ingredients, whisking until well-blended. Pour batter into prepared pan, and bake for 55 to 60 minutes, until a cake tester inserted into the center comes out clean. Cool the bread in the pan for 15 minutes, then remove it from the pan and transfer it to a rack to cool completely, 1 hour or longer. For best flavor and easiest slicing, wrap the bread while still slightly warm and let it sit overnight. ***Note:** Start with 2½ cups sliced rhubarb. Cook over medium heat (or in the microwave) to make about 1¼ cups unsweetened rhubarb sauce.

Spring Salad with Rhubarb Vinaigrette

Salad:

1 pkg. mixed greens
½ cup sliced toasted almonds
1 pint sliced strawberries

Rhubarb Vinaigrette:

1 cup chopped fresh rhubarb
¼ cup water
2 Tbsp. Vermont maple syrup
1 Tbsp. red wine vinegar
2 tsp. Dijon mustard
¼ cup olive oil
1 Tbsp. poppy seeds

Boil rhubarb with water in a small saucepan over medium heat, until rhubarb is tender, about 5 minutes. Scrape into blender along with maple syrup, vinegar, Dijon mustard and oil. Blend until smooth. Stir in poppy seeds. Toss mixed greens with ½ cup of dressing (or more to taste), almonds and strawberries in a large bowl until combined. **Yield:** 4 servings.

Sweet Onion-Rhubarb Sauce

2 tsp. olive oil	2 cups diced rhubarb
1 large sweet onion, sliced	¼ cup red-wine vinegar
½ tsp. salt	¼ cup brown sugar
2 to 4 Tbsp. water	

Heat 2 teaspoons oil in a large nonstick skillet over medium heat. Add onion and ½ teaspoon salt; cook, stirring occasionally, until browned, about 7 to 8 minutes. Add 2 tablespoons water; continue cooking, stirring often, until the onion is soft, 5 to 7 minutes more, adding water a tablespoon at a time if necessary to prevent burning. Stir in rhubarb, vinegar and brown sugar and cook, stirring often, until the rhubarb has broken down, about 5 to 10 minutes. Spoon the sauce over sliced meat.

Lyn Jarvis' Recipes Rhubarb-Apricot Jam

8 to 10 oz. dried apricots (cut in quarters)
Water
1 Tbsp. grated orange peel
4 cups rhubarb (sliced into ½-inch pieces)
1 large seedless orange (peeled, separated in sections and white membrane removed)
3 cups sugar

Place apricots in a heavy saucepan, cover with water, and cook over medium/high heat until apricots are very tender (20 to 30 minutes depending on softness of apricots). Drain, leaving 2 Tbsp. liquid with apricots. Add orange peel, rhubarb, orange sections, and sugar. Stir and heat to simmering over medium/high heat. Reduce heat to low and cook until jam is thick (about 40 minutes). Stir often as mixture burns easily. Ladle into hot sterilized jars and seal. Store in refrigerator or freezer. **Yield:** about 3 cups.

Rhubarb Cake Pudding

1¼ cup sugar	6 Tbsp. flour
1 Tbsp. melted butter	1 cup milk
¼ tsp. salt	4 egg yolks, slightly beaten
2 cups cooked rhubarb*	4 egg whites, beaten until they form peaks

Preheat oven to 325°F. Cook rhubarb* and set aside to cool. In a large mixing bowl, combine sugar and flour; mix well. In another bowl, mix together butter, milk, and salt and add to the flour/sugar mixture. Add the egg yolks and mix well. Add the cooked rhubarb and fold in stiffly beaten egg whites. Pour into individual custard cups or a 2-quart casserole dish. Set in a pan of water and bake for 55 minutes or until firm. Pudding will be cake-like on top with the custard/fruit on the bottom. Do not overcook. Serve warm. **Yield:** 6 servings. ***Note:** Measure rhubarb after cooking. To produce 2 cups cooked rhubarb, cook 3 cups cut up fresh rhubarb without sugar in ½ cup water till tender.

Rhubarb Scones

1¼ cups whole wheat flour
1¼ cups all-purpose flour
½ cup sugar
1 Tbsp. baking powder
2 tsp. cinnamon
¼ tsp. salt

½ cup unsalted butter, cubed
1½ cups finely chopped rhubarb
¾ cup heavy whipping cream
¼ cup fat-free milk
1 tsp. vanilla
Coarse sugar

Preheat oven to 400°F. In a large bowl, whisk the first six ingredients. Cut in the butter until crumbly. Add rhubarb, toss to coat. In another bowl, whisk cream, milk, and vanilla; stir into crumb mixture just until moistened. Turn onto a floured surface; knead gently 4 to 5 times. Divide dough in half, pat into two 6-inch circles. Cut each into eight wedges. Place wedges on parchment paper-lined baking sheets; sprinkle with coarse sugar. Bake 18 to 22 minutes or until golden brown. Serve warm.

Rhubarb Pork Chop Casserole

4 pork loin chops (¾-inch thick)
2 Tbsp. cooking oil
Salt and pepper to taste
2 ½ to 3 cups soft bread crumbs

3 cups sliced fresh or frozen rhubarb
(1-inch pieces)
½ cup packed brown sugar
¼ cup all-purpose flour
1 tsp. cinnamon

In a large skillet, brown pork chops in oil and season with salt and pepper. Remove to a warm platter. Mix ¼ cup pan drippings with bread crumbs. Reserve ½ cup; sprinkle remaining crumbs into a 9x7x2-inch baking dish. Combine rhubarb, sugar, flour, and cinnamon; spoon half over the bread crumbs. Arrange pork chops on top. Spoon remaining rhubarb mixture over pork chops. Cover with foil and bake at 350°F for 30 to 45 minutes. Remove foil and sprinkle with reserved bread crumbs. Bake 10 to 15 minutes longer or until chops are done.

Viewer's Recipes

Rhubarb Bread

Barbara Witham – Montpelier, Vt.

Helen Davis – Duxbury, Vt

1⅓ cups brown sugar
1 cup sour milk
⅔ cup cooking oil
1 egg
2½ cups flour
1 tsp. baking soda
1 tsp. salt
1 tsp. vanilla

1½ cups fresh rhubarb, chopped
½ cup chopped nuts

Topping:

½ cup sugar
1 Tbsp. butter
1 tsp. cinnamon

Mix first 4 ingredients until smooth. Stir in next 4 ingredients and blend well. Then stir in rhubarb and nuts. Pour into two well-greased 8x4-inch loaf pans. Top with crumbled mixture of ½ cup sugar, 1 Tbsp. butter and 1 tsp. of cinnamon. Bake at 350°F for 40 minutes or until pick inserted in center comes out clean. **Note:** To sour milk use 1 Tbsp. vinegar plus enough milk to equal 1 cup.

Rhubarb Surprise

June Jones, Williston, Vt.

5 cups rhubarb, cut into ½-inch pieces
1 pkg. (3 oz.) strawberry gelatin
¼ cup sugar
1 box (15.25 oz.) yellow cake mix
1½ cups water
½ cup butter, cut into tiny pieces

Put rhubarb in 9x13x2-inch pan. Sprinkle with gelatin, sugar, cake mix, water and butter. Bake at 350°F for 45 to 50 minutes. Serve with favorite topping.

Strawberry Rhubarb Jam

Mary Lou Benoir, Randolph, Vt.

Maxine Tyler, Benton, N.H.

5 cups rhubarb cut into 1-inch pieces
1 can (20 oz.) crushed pineapple, drained
4 cups sugar
1 pkg. (3 oz.) strawberry gelatin

Mix rhubarb, pineapple, and sugar. Let stand 30 minutes. Bring slowly to a boil and cook for 12 minutes, stirring constantly. Remove from heat and add gelatin. Stir until dissolved. Fill jam glasses and seal. **Yield:** about 4½ pints of jam.

Maple Rhubarb Rag-A-Muffins

Nancy Sheldon, Swanton, Vt.

Biscuit Dough:

⅓ cup shortening
3 tsp. baking powder
½ cup milk
1¾ cup flour
¾ tsp. salt
2 cups rhubarb, cut fine

Hot Butter Sauce:

2½ cups Vermont Maple Syrup
½ stick butter

Put maple syrup in a 13x9x2-inch glass dish, dot with butter. Warm in oven until butter melts. Remove from oven. Make biscuit dough and roll up like a jelly roll. Cut into 1-inch pieces and place on top of syrup. Bake 20 to 30 minutes at 350°F. Serve with low-fat topping or vanilla ice cream.

Simple as Pie

Roberta Maltese, Rutland, Vt.

2 ½ cups diced rhubarb
½ cup flour
1 tsp. baking powder
¾ cup sugar

½ cup chopped walnuts
1 tsp. vanilla
1 egg, slightly beaten
1 tsp. cinnamon

Mix all ingredients together. Spread in a 9-inch pie plate. Bake at 350°F for 30 to 40 minutes. Serve with whipped cream or vanilla ice cream.

Rhubarb Punch

Karin Gottlieb, Stowe, Vt.

1 qt. rhubarb, cut into 2-inch pieces
1 qt. water

¾ cup sugar
⅓ cup orange juice (fresh or frozen)

Cook rhubarb in water until mushy. Strain through a sieve or cheesecloth. To the liquid add sugar and stir until well dissolved. Add orange juice and mix well. Punch can be frozen and thawed as needed. If part of the punch is left partially frozen, it keeps it ice cold.

Tips on using rhubarb: Put the leaves to work in your garden

Save rhubarb leaves when harvesting your rhubarb. Slit the rhubarb leaf along the fleshy central vein to create an opening. Place the opening in the leaf around the young seedling you wish to protect. The leaf will provide shade to the soil, retain moisture, and provide nutrients while decomposing. These functions are in addition to the work the oxalic acid will do repelling insects. The leaf should decompose in 3 to 4 weeks. By that time, your seedling will be strong enough to survive on its own.

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