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Rhubarb Compote



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Rhubarb Compote or stewed rhubarb is a very simple way to cook the ever popular rhubarb. It only takes a few ingredients and minimal skill to cook up a beautiful bowl of fruit compote that you can serve in so many different ways.

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PREP TIME	COOK TIME	TOTAL TIME
5 mins	20 mins	25 mins

COURSE	CUISINE	SERVINGS	CALORIES
Breakfast, Dessert	British	6	88 kcal

EQUIPMENT

- 1 weighing scales
- 1 Medium saucepan
- 1 wooden spoon
- 1 Measuring spoons optinal
- 1 small bowl optional

INGREDIENTS

- 400 g rhubarb fresh or frozen
- 100 g sugar

- 1 tbsp water optional
- 2 tbsp cornflour optional

INSTRUCTIONS

1. Prepare 400 g (3 cups) rhubarb by cutting off the leaves and stem. Cut into even sized pieces.
2. Place the rhubarb into a saucepan with 100 g (½ cup) sugar.
3. Heat gently until the rhubarb starts to release its juices and all the sugar has dissolved.
4. Bring the pan to a gentle simmer and cook the rhubarb and sugar until the rhubarb is soft. This should take about 10 minutes.

To create a thicker compote (optional)

1. Mix 1 tbsp cornflour (cornstarch) with 2 tbsp water.
2. Add the cornflour mixture to the pan of cooked rhubarb and continue simmering for a further 5 minutes.

To serve

1. Spoon or pour the rhubarb compote into a serving dish. Serve warm or cover and store in the fridge.
2. Serve rhubarb compote with custard for a traditional dessert or for breakfast with yogrut and granola.

NUTRITION

Calories: 88kcal	Carbohydrates: 22g	Protein: 1g
Fat: 0.2g	Saturated Fat: 0.03g	Polyunsaturated Fat: 0.1g
Monounsaturated Fat: 0.03g	Sodium: 3mg	Potassium: 192mg
Fiber: 1g	Sugar: 17g	Vitamin A: 68IU
Vitamin C: 5mg	Calcium: 58mg	Iron: 0.2mg