

RHUBARB

Types

Rhubarb can be greenish pink to dark red.

Selection Info

Look for crispy stalks that do not have scars, cuts, or visible decay. Make sure stalks aren't pithy inside. If the leaves (leaf blades) are present, they should not be wilted or blemished.

Preparation

Wash under cool stream of water and pat dry with paper towel. Cut off and discard the leaves — never eat the leaves because they contain a poisonous compound called oxalic acid. Remove any brown or scaly spots and trim ends.

Peeling: Peeling is unnecessary, but you can peel if you wish. To peel, cut a slit on the end of the stalk at the outer edge, grab edge of slit and pull down the strip of stringy fibers from the surface of

the rhubarb. Continue this process until you remove all the fibers from the stalk.

Special note on cookware: When you cook rhubarb, always use a nonreactive pan (such as stainless steel or enamel-lined cast iron). Using other types of pans can cause chemical reactions with the acidic content in rhubarb.

Stew: Because rhubarb is so tart, it's usually cooked in a sugar mixture to sweeten it a little. In a saucepan, mix equal parts water and desired sweetener. Bring to boil until all sweetener is dissolved. Add rhubarb, bring to boil, then lower the heat and simmer uncovered for about 15 minutes. Remove from heat and serve.

Storage

Short-Term Storage: Store rhubarb stalk-whole, unwashed, and wrapped in a plastic bag. Keep in the refrigerator produce drawer and use within a few days.

Long-Term Storage: Rhubarb can be frozen or made into jellies.



Looking for a source of fresh local fruits and vegetables??? . . .

Look here . . . www.purdue.edu/foodlink/about.php

Funding provided by USDA Speciality Crop Block Grant

Purdue University Cooperative Extension Service is an equal access/equal opportunity institution.

PASSOVER RHUBARB COBBLER

Ingredients

- 1 3/4 cups sugar, divided
- 1/4 cup tapioca, quick-cooking
- 4 cups rhubarb pieces, 1/2-inch
- 1 cup raspberries, unsweetened
- 2 tablespoons lemon juice
- 1 cup matzo meal
- 1 stick of butter (or margarine), unsalted (1/2 cup)
- 1/8 teaspoon ground nutmeg
- lemon sorbet or whipped cream (optional)

Directions

1. In a shallow 2-quart baking dish, combine 1 1/4 cups sugar and tapioca. Add rhubarb, raspberries, and lemon juice - mixing gently but thoroughly. Let stand from 15 minutes to one hour to soften tapioca, mixing several times.
2. Meanwhile, in a food processor or a bowl, whirl or rub together with your fingers the matzo meal, the remaining 1/2 cup sugar, margarine, and nutmeg to create fine crumbs.
3. Squeeze matzo mixture to compact into lumps, then crumble over rhubarb mixture.
4. Baked in a 375°F oven until cobbler is bubbling in center and top is golden brown, about 1 hour. Let cool 15 minutes.
5. Spoon cobbler into bowls and top with sorbet or whipped cream (optional).



Learn more about **RHUBARB** by scanning the QR code above or by visiting <https://extension.purdue.edu/foodlink/food.php?food=rhubarb>.



Share your recipes!

Nutrition Information

Serving 1/8 of recipe (161g)

Nutrients	Amount
Calories	360
Total Fat	12 g
Saturated Fat	7 g
Cholesterol	30 mg
Sodium	7 mg
Total Carbohydrate	63 g
Dietary Fiber	3 g
Total Sugars	45 g
Added Sugars included	42 g
Protein	3 g
Vitamin D	0 mcg
Calcium	94 mg
Iron	2 mg
Potassium	308 mg