

SIDE DISH

Crema di Rabarbaro

11 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
45 min	30 min	15 min	4	\$1.70	269 kcal

Crema di Rabarbaro takes approximately 45 minutes from beginning to end. This recipe serves 4 and costs \$1.7 per serving. One serving contains 269 calories, 3g of protein, and 3g of fat. If you have cornstarch, whipped cream, vanillan extract, and a few other ingredients on hand, you can make it.

Ingredients

☐ 1 tablespoon cornstarch	☐ 1 large egg yolk
☐ ¾ cup honey	☐ ½ cup milk
☐ 1 pound rhubarb stems, cut into 1/2-inch dice	☐ 1 teaspoon vanilla extract
☐ ¼ cup whipped cream	

EQUIPMENT Bowl, Frying pan, Sauce pan, Whisk, Pot

Method

- 1 In a small saucepan, combine the egg yolk, 1 tablespoon honey, vanilla extract, and cornstarch, and whisk together until well-mixed.
- 2 Add the milk and whisk again to combine. Bring the mixture to a boil over medium heat and then lower to a simmer.
- 3 Let the mixture simmer gently, whisking occasionally to keep the egg yolk from cooking on the bottom of the pan, until it has the consistency of dense, homogenous cream, almost as thick as ice cream, about 5 minutes.
- 4 Remove from the heat and let cool.

- 5 Place the rhubarb slices in a large heavy-bottomed pot and cover with the remaining honey. Cook gently over low-medium heat until the rhubarb is tender, about 10 minutes.
- 6 Let cool.
- 7 Fold the rhubarb into the milk mixture and gently fold in the whipped cream. Divide the rhubarb cream evenly among 4 glass serving bowls or glasses and serve immediately.

Nutrition per serving

269	3 g	3 g	62 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			1.6 g · 10% of daily needs
Fibre			2.2 g · 9% of daily needs
Sugar			55.4 g · 62% of daily needs
Sodium			21.3 mg · 1% of daily needs
Cholesterol			52.4 mg · 17% of daily needs
Vitamin C			9.4 mg · 11% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/crema-di-rabarbaro-142076