

Rhubarb curd



Vegetarian



Gluten Free

READY IN



35 min.

SERVINGS



20

CALORIES



130 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 600 g rhubarb washed trimmed roughly chopped
- ☐ 4 large eggs
- ☐ 200 g butter diced
- ☐ 4 tsp cornstarch
- ☐ 175 g sugar
- ☐ 1 tablespoon grenadine syrup

Equipment

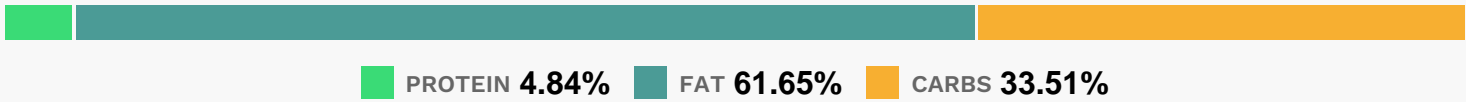
- ☐ food processor

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ sieve
- ☐ blender
- ☐ wooden spoon

Directions

- ☐ Put the rhubarb in a blender or food processor and whizz until as fine as it will go. Set a sieve over a bowl, and tip in the rhubarb, pushing pulp with a wooden spoon to get through as much juice as you can.
- ☐ Add the eggs, butter, cornflour, sugar and 250ml rhubarb juice (save the rest) to a pan and set over a very low heat.
- ☐ Whisk until all the butter has melted, then, using a wooden spoon, stir constantly until the curd has thickened to a consistency a little thicker than custard. Dont be tempted to increase the heat to speed up the process, as the eggs will curdle; make sure you stir right around the edge, too, as this is where it might catch first.
- ☐ Sieve the curd into a clean bowl to get rid of any eggy bits that may have curdled. Stir in 100ml more of the reserved juice and a small splash of grenadine if you would like your curd a bit pinker, before chilling. Once cold, taste add a splash more rhubarb juice if it needs sharpening, then spoon into jars. The curd will keep, stored in the fridge, for up to a week. Eat on scones, crumpets or hot buttered toast, or dollop into sweet pastry cases to make mini curd tarts.

Nutrition Facts



Properties

Glycemic Index:11.65, Glycemic Load:6.89, Inflammation Score:-2, Nutrition Score:2.5252173853957%

Flavonoids

Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epicatechin 3–gallate: 0.18mg, Epicatechin 3–gallate: 0.18mg

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Nutrients (% of daily need)

Calories: 130.19kcal (6.51%), Fat: 9.15g (14.08%), Saturated Fat: 5.47g (34.18%), Carbohydrates: 11.19g (3.73%), Net Carbohydrates: 10.65g (3.87%), Sugar: 9.57g (10.63%), Cholesterol: 58.7mg (19.57%), Sodium: 80.09mg (3.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.62g (3.23%), Vitamin K: 9.52µg (9.07%), Vitamin A: 334.5IU (6.69%), Selenium: 3.57µg (5.1%), Vitamin B2: 0.06mg (3.52%), Calcium: 33.96mg (3.4%), Manganese: 0.06mg (3.11%), Potassium: 103.07mg (2.94%), Vitamin C: 2.4mg (2.91%), Vitamin E: 0.42mg (2.79%), Phosphorus: 26.49mg (2.65%), Fiber: 0.54g (2.17%), Vitamin B5: 0.19mg (1.9%), Vitamin B12: 0.11µg (1.77%), Folate: 7.1µg (1.77%), Iron: 0.25mg (1.39%), Vitamin D: 0.2µg (1.33%), Magnesium: 5.05mg (1.26%), Vitamin B6: 0.02mg (1.23%), Zinc: 0.17mg (1.14%)