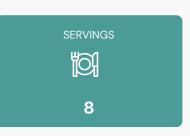


Rhubarb & custard pie with butter crumble

Popular







DESSERT

Ingredients

350 g rhubarb

- 100 g brown sugar
- 350 g pastry crust sweet
- 1 large egg yolk
- 1 tsp vanilla extract
- 1 tbsp flour plain
- 284 ml single cream
- 50 g butter melted

	50 g little demerara sugar	
	50 g oats	
	0.5 tsp ground ginger	
Equipment		
	bowl	
	frying pan	
	oven	
	whisk	
Directions		
	Cut the rhubarb into bite-size pieces, then put them in a frying pan with half the sugar and warm through just until the sugar dissolves. Immediately tip the rhubarb into a bowl with the juices and leave to cool. Preheat the oven to 180C/gas 4/fan 160C.	
	Roll out the pastry quite thinly and use to line a deep, loose-based 24cm fluted flan tin. Line with greaseproof paper and baking beans and bake for about 20 minutes until the pastry is pale golden and no longer raw.	
	Beat together the egg and egg yolk, vanilla extract, remaining caster sugar and the flour. Gradually whisk in the cream with any juice from the rhubarb (you should have a tablespoonful or two). Now spoon the rhubarb into the prepared pastry case and pour the cream mixture over.	
	Turn the oven temperature up to 200C/gas 6/ fan 180C and bake for about 20 minutes, or until the custard is very lightly set and there is a thin skin on the top.	
	Mix together all the topping ingredients and spoon evenly over the pie. Return it to the oven for a further 15 minutes or until the crumble is golden and the custard set with just a little wobble. The top of the pie may have risen and cracked when you take it from the oven but dont worry as it will settle back again on cooling.	
	Serve warm.	
Nutrition Facts		
	PROTEIN 5.62% FAT 44.66% CARBS 49.72%	

Properties

Glycemic Index:27, Glycemic Load:10.54, Inflammation Score:-5, Nutrition Score:9.289999941121%

Flavonoids

Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.26mg, E

Nutrients (% of daily need)

Calories: 397.8kcal (19.89%), Fat: 19.85g (30.54%), Saturated Fat: 11.09g (69.31%), Carbohydrates: 49.73g (16.58%), Net Carbohydrates: 47.44g (17.25%), Sugar: 19.07g (21.19%), Cholesterol: 76.19mg (25.4%), Sodium: 270.62mg (11.77%), Alcohol: 0.18g (100%), Alcohol %: 0.14% (100%), Protein: 5.62g (11.23%), Manganese: 0.58mg (28.92%), Selenium: 14.44µg (20.63%), Vitamin B1: 0.29mg (19.62%), Vitamin K: 15.46µg (14.73%), Vitamin B2: 0.24mg (13.85%), Folate: 50.14µg (12.54%), Vitamin A: 594.77IU (11.9%), Iron: 2.01mg (11.19%), Vitamin B3: 2.08mg (10.42%), Phosphorus: 98.02mg (9.8%), Fiber: 2.29g (9.16%), Calcium: 86.13mg (8.61%), Potassium: 241.3mg (6.89%), Magnesium: 24.94mg (6.23%), Vitamin E: 0.7mg (4.64%), Copper: 0.09mg (4.53%), Vitamin C: 3.72mg (4.5%), Zinc: 0.65mg (4.31%), Vitamin B5: 0.42mg (4.24%), Vitamin B6: 0.05mg (2.7%), Vitamin D: 0.33µg (2.2%), Vitamin B12: 0.12µg (2.06%)