

Rhubarb Fool



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



269 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons candied ginger finely chopped
- ☐ 3.5 ounces granulated sugar
- ☐ 0.8 cup cup heavy whipping cream
- ☐ 0.5 cup honey
- ☐ 1 orange juice
- ☐ 1 stalk rhubarb
- ☐ 1 pinch sea salt fine
- ☐ 0.5 vanilla pod split

Equipment

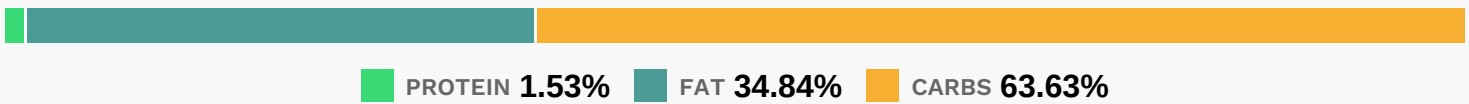
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ plastic wrap
- ☐ hand mixer
- ☐ wooden spoon
- ☐ mandoline
- ☐ peeler

Directions

- ☐ To make the fool, put the rhubarb, honey, orange zest and juice, candied ginger, vanilla bean, and salt in a saucepan over medium heat. Stir to combine, then cover and cook, stirring every few minutes, for 10 minutes, until the mixture has come to a boil and the rhubarb has softened.
- ☐ Remove from the heat and allow to cool, then remove the vanilla bean.
- ☐ Transfer the compote to a bowl, and refrigerate, uncovered, for at least 30 minutes, until very cold.
- ☐ Whip the cream and sugar until soft peaks form, either by hand or using an electric mixer on medium speed. Set aside 1/3 cup of the compote to garnish the dessert, then fold the remaining compote into the whipped cream. Spoon the fool into six 1/2-cup glasses or dishes and chill for 1 hour before serving topped with the remaining compote.
- ☐ Storage: This fool is best served the day it is made, but any leftovers can be covered with plastic wrap and stored in the refrigerator for up to 2 days.
- ☐ If you would like to garnish the dessert with candied rhubarb strips, make them first: Preheat the oven to 200°F. Line a baking sheet with a Silpat mat or lightly greased parchment paper.

- ☐ Cut the rhubarb into 6-inch lengths, then cut each piece into strips 1/4 inch to 1/8 inch thick with a good peeler, a mandoline, or a well-positioned knife.
- ☐ Combine the sugar and water in a saucepan over high heat and bring to a boil. Cook and stir until the sugar is dissolved, then remove from the heat. Dip the rhubarb ribbons into the syrup, then place them on the prepared baking sheet, laying them out flat and ensuring that they do not touch each other.
- ☐ Bake for about 45 minutes, until dry. While they are still warm, twist the strips into shapes, wrapping them around your finger or the handle of a clean wooden spoon. Use immediately, or store in an airtight container for up to 3 days.
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Nutrition Facts



Properties

Glycemic Index:31.23, Glycemic Load:24.24, Inflammation Score:-3, Nutrition Score:2.2830434648887%

Flavonoids

Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.2mg, Hesperetin: 1.2mg, Hesperetin: 1.2mg, Hesperetin: 1.2mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 268.67kcal (13.43%), Fat: 10.89g (16.76%), Saturated Fat: 6.85g (42.81%), Carbohydrates: 44.75g (14.92%), Net Carbohydrates: 44.52g (16.19%), Sugar: 44.02g (48.92%), Cholesterol: 33.62mg (11.21%), Sodium: 16.73mg (0.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.08g (2.15%), Vitamin A: 465.99IU (9.32%), Vitamin C: 6mg (7.27%), Vitamin B2: 0.08mg (4.43%), Vitamin K: 3.45µg (3.29%), Vitamin D: 0.48µg (3.17%), Calcium: 29.91mg (2.99%), Potassium: 87.76mg (2.51%), Phosphorus: 21.27mg (2.13%), Manganese: 0.04mg (2.08%), Vitamin E: 0.3mg (2%), Selenium: 1.32µg (1.89%), Folate: 5.35µg (1.34%), Vitamin B5: 0.12mg (1.21%), Magnesium: 4.77mg (1.19%), Vitamin B6: 0.02mg (1.16%), Vitamin B1: 0.02mg (1.11%), Iron: 0.2mg (1.09%), Copper: 0.02mg (1.04%)