



Rhubarb Verrines with Salty Macadamia Crumble

 Vegetarian

READY IN



270 min.

SERVINGS



8

CALORIES



1069 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup almond flour
- ☐ 1 tablespoon hibiscus tea simple syrup dried
- ☐ 0.5 cup flour
- ☐ 1.8 cups granulated sugar
- ☐ 2 tablespoons grenadine syrup
- ☐ 1.8 cups heavy whipping cream
- ☐ 0.3 cup brown sugar light packed

- ☐ 8 servings salty macadamia crumble
- ☐ 8 servings mascarpone chantilly
- ☐ 6.5 oz mascarpone cheese
- ☐ 8 servings hibiscus and orange-poached rhubarb
- ☐ 1 orange zest
- ☐ 2 strips orange zest (each 1 by 2 in.)
- ☐ 1 pound rhubarb ends trimmed
- ☐ 0.3 cup roasted salted coarsely chopped
- ☐ 0.8 teaspoon flake salt such as maldon
- ☐ 0.3 cup sugar
- ☐ 0.3 cup butter unsalted softened
- ☐ 1 vanilla pod split
- ☐ 8 servings serving
- ☐ 8 servings serving

Equipment

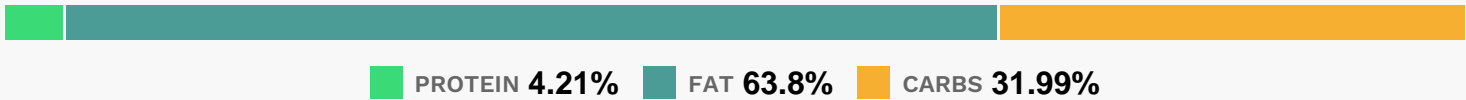
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ mixing bowl
- ☐ blender

Directions

- ☐ Prepare rhubarb: Bring sugar and 1 qt. water to a boil in a large saucepan. Reduce heat and simmer 3 to 5 minutes.
- ☐ Remove from heat; add hibiscus, zest, and grenadine; and let stand, covered, 10 minutes.
- ☐ Meanwhile, split rhubarb lengthwise if needed so stalks are 1/2 to 3/4 in. wide.

- ☐ Cut crosswise into 1/4-in. slices.
- ☐ Strain hot syrup into a bowl, then return liquid and zest to pan (discard hibiscus). Reheat to simmering.
- ☐ Remove from heat and stir in rhubarb. Cover and let stand until rhubarb is just tender, 1 hour. Uncover and let cool. Chill, covered, until cold, at least 2 hours. Strain just before using, saving liquid for lemonade or cocktails.
- ☐ Make crumble: Preheat oven to 32
- ☐ Beat butter, salt, and brown sugar in a bowl with a mixer until evenly blended.
- ☐ Add flour and almond meal and beat until mixture comes together. Beat in nuts. With your fingers, break up mixture into 1/2-in. clumps onto a rimmed baking sheet.
- ☐ Bake until light golden, about 20 minutes.
- ☐ Let cool.
- ☐ Make Chantilly: Put cream, mascarpone, sugar, and zest in a mixing bowl. Scrape vanilla seeds into bowl and discard pod. Beat until as thick as whipped cream.
- ☐ Serving: Spoon 1/2 cup Chantilly into each of 8 widemouthed glasses. Spoon 2 to 3 tbsp. crumble, then 2 to 3 tbsp. drained rhubarb onto each (you may have leftovers).
- ☐ Garnish with lemon, if you like.
- ☐ *Find dried hibiscus (also called Jamaica) at Mexican markets or at worldspice.com (it's listed with leaf teas). Find grenadine syrup with cocktail supplies. Find almond meal, such as Bob's Red Mill, in the baking aisle at well-stocked supermarkets.
- ☐ Make ahead: Rhubarb up to 3 days, chilled; crumble up to 3 days, airtight at room temperature.

Nutrition Facts



Properties

Glycemic Index:48.84, Glycemic Load:46.54, Inflammation Score:-9, Nutrition Score:19.794782695563%

Flavonoids

Catechin: 1.23mg, Catechin: 1.23mg, Catechin: 1.23mg, Catechin: 1.23mg Epicatechin: 0.29mg, Epicatechin: 0.29mg, Epicatechin: 0.29mg, Epicatechin: 0.29mg Epicatechin 3-gallate: 0.34mg, Epicatechin 3-gallate: 0.34mg,

Epicatechin 3–gallate: 0.34mg, Epicatechin 3–gallate: 0.34mg Hesperetin: 24.52mg, Hesperetin: 24.52mg, Hesperetin: 24.52mg, Hesperetin: 24.52mg Naringenin: 13.79mg, Naringenin: 13.79mg, Naringenin: 13.79mg, Naringenin: 13.79mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 1069.38kcal (53.47%), Fat: 78.34g (120.52%), Saturated Fat: 34.89g (218.08%), Carbohydrates: 88.39g (29.46%), Net Carbohydrates: 81.13g (29.5%), Sugar: 71.29g (79.21%), Cholesterol: 127.12mg (42.37%), Sodium: 270.05mg (11.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.64g (23.27%), Manganese: 1.61mg (80.35%), Vitamin C: 55.52mg (67.3%), Vitamin A: 1958.22IU (39.16%), Vitamin B1: 0.57mg (38.16%), Fiber: 7.26g (29.04%), Calcium: 249.61mg (24.96%), Vitamin K: 18.8µg (17.9%), Copper: 0.34mg (16.94%), Magnesium: 67.02mg (16.75%), Vitamin B2: 0.26mg (15.23%), Potassium: 527.19mg (15.06%), Folate: 51.93µg (12.98%), Phosphorus: 126.01mg (12.6%), Iron: 2.25mg (12.5%), Selenium: 7.02µg (10.02%), Vitamin B6: 0.19mg (9.47%), Vitamin B3: 1.79mg (8.95%), Vitamin E: 1.15mg (7.68%), Vitamin B5: 0.72mg (7.25%), Vitamin D: 0.94µg (6.26%), Zinc: 0.77mg (5.13%), Vitamin B12: 0.1µg (1.59%)