

# Rhubarb

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Rhubarb is grown for its tasty stalks, which range from pinkish-green to ruby red. The leaves should not be eaten due to their oxalic acid content.

## 01 Storage

Store in vegetable draw of fridge.

## 04 Nutrition

Rhubarb is a good source of vitamin C (needed for the growth and repair of tissues in the body) and K (important for helping your blood to clot) and contains some vitamin A (important for growth and development and the maintenance of your immune system).



## 02 Preparation

To prepare rhubarb, trim the leaves first. Wash the stalks and cut off any leaves near the base. Check the rhubarb for any blemishes and use a vegetable peeler to remove them. Cut the rhubarb into the required size.

## 03 Use

The tart flavour of the stalks needs to be balanced—it is often stewed with sugar, but orange juice, maple syrup and other sweeteners are also used. It is also made into savoury dishes, including relishes and compotes, salads or with chicken or pork.



**Mansfield Fresh  
Food Drive**

# Apple and rhubarb crumble



## INGREDIENTS

- 1 bunch (425g) rhubarb, trimmed, cut into 2cm pieces (see note)
- 3 granny smith apples, peeled, cored, thinly sliced
- 2 tablespoons caster sugar
- 1 teaspoon orange rind, finely grated
- 2 tablespoons orange juice
- 1 cup self-raising flour
- 2/3 cup brown sugar
- 80g butter, chilled, chopped
- Thickened cream, to serve

Note: You'll need 7 stalks of rhubarb for this recipe.

## METHOD

### Step 1

Preheat oven to 180C/160C fan-forced. Grease a 1.5-litre (6-cup-capacity) ovenproof dish.

### Step 2

Combine rhubarb, apple, caster sugar, orange rind and juice in prepared dish. Bake, covered, stirring once, for 30 minutes or until fruit is just tender. Remove from oven.

### Step 3

Meanwhile, combine flour and brown sugar in a large bowl. Add butter. Using your fingertips, rub butter into flour mixture until mixture resembles coarse breadcrumbs. Sprinkle over rhubarb and apple mixture.

### Step 4

Bake, uncovered, for 25 to 30 minutes or until crumble is golden brown. Serve with thickened cream.

Recipe from [taste.com.au](http://taste.com.au)