



**Allotment Gardening In North Essex -- At Home In The Kitchen**

## **Rhubarb Fool**

### **Ingredients: 6 portions**

1 1/2 lbs 750g Rhubarb  
4oz 100g Sugar  
1/2pt 1/4itre Double Cream  
1 Orange  
1 3/4 45g of cornflour

### **Method:**

1. Cut the washed rhubarb into even pieces
2. Add to saucepan with a little water and the sugar
3. cook gently until soft
4. Pass through a sieve or liquidize
5. Add back to a clean pan and reboil.
6. Dilute the cornflour in a little water
7. Stir the diluted cornflour into the boiling rhubarb.
8. Pour into a bowl and allow to cool.
9. Zest and juice an orange
10. Add the juice and a little if the zest to the cooling rhubarb
11. Lightly whip the cream and place most of the cream into a bowl and refrigerate until required
12. The remaining cream whip until stiff, suitable for piping
13. When Rhubarb is cold gently fold in the lightly whipped cream
14. Pour into the dishes refrigerate until set
15. Decorate with cream and some orange zest and serve.