



Royal
Botanic Garden
Edinburgh

Botanic Cottage Community Cook Club Late July 2021

Something sweet

Rhubarb fool

This is the perfect summery pudding. It needs to cool twice so it takes a little while, but the actual cooking effort is minimal and very speedy! This is a lovely treat to bring out the fridge and delight your family and friends.



Ingredients

500g rhubarb, trimmed and sliced

5 tbsp caster sugar

250ml double cream

4 tbsp greek yogurt yoghurt

Mint to garnish (optional)

You will need a saucepan with a lid, a chopping board and knife, a sieve and a bowl, 4 glasses or bowls to serve.

Method

1. Slice the rhubarb and put it in a pot with 5 tbsp sugar (no water). Heat gently with a lid on until tender. Take the lid off and turn the heat up, cooking for a few more minutes to allow some of the liquid to evaporate. Drain in a sieve over a bowl., reserving the juice. Leave to cool.
1. In a large bowl, whip the double cream until it forms soft peaks. Add the yogurt and gently mix.
2. Swirl in the cooled, cooked rhubarb.
3. Divide the mixture between four glasses or bowls. Drizzle a little of the pink leftover juice over the tops and garnish with fresh mint if using.
4. Chill in the fridge for at least an hour, allowing the flavours to combine, then serve.

