

Welcome to week two of our feature on Rhubarb!

This week, we are featuring some savory and sweet options to make good use of your fresh or frozen Rhubarb!

Enjoy!

Rhubarb Muffin

Makes: 1-1/2 dozen muffins

1/2 C. butter softened
1 C. brown sugar, packed
1/2 C. granulated sugar
1 egg
2 C. all-purpose flour
1 tsp. baking powder
1/2 tsp. baking soda
1/8 tsp. salt
1 C. sour cream
3 C. fresh or frozen rhubarb, chopped into 1" pieces

For the topping:

1/4 C. pecans, chopped
1/4 C. brown sugar, packed
1/2 tsp. cinnamon
1 T. cold butter or margarine
1 T. all-purpose flour

In a mixing bowl, cream butter and sugars. Add egg, beat well.

Combine the flour, baking powder, baking soda and salt.

Add to the creamed mixture alternately with the sour cream. Fold in the rhubarb.

Fill paper-lined or greased muffins tins 3/4 full.

For the topping: In a small bowl, combine the pecans, brown sugar, flour and cinnamon. Cut in butter until crumbly. Sprinkle over muffin batter in muffin tins.

Bake muffins at 350° F for 22 -25 min. or until a toothpick inserted in the center comes out clean.

Cool for 5 min. before removing from pan.

Almond Rhubarb Coffee Cake

Prep Time: 15 min.

Cook Time: 30 min.

Total Time: 45 min.

Servings: 20

2-1/2 C. all-purpose flour
1 tsp. salt
1 tsp. baking soda
1-1/2 C. packed brown sugar
2/3 C. vegetable oil
1 lg. egg
1 tsp. vanilla extract
1 C. milk
1-1/2 C. rhubarb, chopped
1/2 C. sliced almonds

Streusel Topping:

1/3 C. white sugar
1 T. butter, melted
1/4 C. sliced almonds

Preheat the oven to 350°F. Grease two 9-inch round cake pans.

Combine flour, salt, and baking soda together in a medium bowl.

Beat brown sugar, oil, egg, and vanilla with an electric mixer in a large bowl until smooth. Add flour mixture and milk, alternately, until combined. Stir in rhubarb and 1/2 C. almonds until incorporated. Pour into the prepared pans.

Mix white sugar and melted butter together with a fork in a small bowl; stir in 1/4 C. almonds, then sprinkle over batter.

Bake in the preheated oven until a toothpick inserted into the center comes out clean, 30 to 35 min.

Rhubarb Smoothie

Servings: 6

2-1/2 C. chopped rhubarb, fresh or frozen
1/4 C. water
4 T. honey, divided
1-1/2 C. plain ice cream
1 C. milk
1 C. frozen strawberries or raspberries
6 oz. cream cheese, cut into pieces
1/2 C. plain yogurt
1/4 C. icing sugar
1/2 dozen ice cubes
fresh strawberries or raspberries, for garnish.

In a large pan, uncovered, place the chopped rhubarb, water, and 2 T. of the honey and on medium-high heat, bring the mixture to a boil. Stir almost constantly to avoid sticking and burning!
Reduce heat to low, place the lid on half-way, and allow mixture to simmer for about 10 min., until rhubarb is tender.
Remove from heat, and allow the mixture to cool.
In a blender, place the ice cream, milk, berries, cream cheese, yogurt, icing sugar, ice cubes, remaining 2 T. of honey, (or add a little more honey if desired), and the rhubarb mixture.
Blend all ingredients together until smooth.
Pour into chilled glasses and serve.
Garnish with fresh strawberries or raspberries.

Gelatin Rhubarb Salad Recipe

Servings: 8 – 12

2 (85 gram) pkgs. strawberry flavored gelatin
1-1/2 C. boiling water
1 C. cold water
2 C. chopped, fresh or frozen rhubarb
2 C. sliced, fresh strawberries
1 (10 oz.) can mandarin orange segments, drained

In a large bowl, stir the gelatin in the boiling water until the gelatin crystals are completely dissolved, (about 3 minutes).
Stir in the cold water, until well combined.
Refrigerate gelatin mixture until partially set, about 1 hour. (Keep an eye on the gelatin, as not to miss the point of when the gelatin begins to thicken.
Add the chopped rhubarb to a pan (if you are using fresh rhubarb, add a few tablespoons of water), and bring rhubarb to a boil over medium heat (uncovered).
Reduce heat to "low" and allow rhubarb to simmer for about 10 min. (uncovered), or until the rhubarb is tender.
Remove the rhubarb from the heat, and allow it to cool completely.
Add the stewed rhubarb, the sliced strawberries, and the mandarin oranges to the gelatin mixture, and stir until combined.
Lightly oil, or spray with non-stick cooking spray, a gelatin mold, or a 9" x 13" square glass baking dish.
Pour the rhubarb gelatin mixture into the prepared mold, baking dish or bowl, and refrigerate salad until completely firm, about 4 -5 hours.
If desired, invert mold or dish onto a plate. This is not necessary, as the gelatin salad can be spooned from the dish as well.
Serve plain, or with whipped cream, yogurt, Greek Yogurt, or sweetened sour cream.

Rhubarb and Honey Chicken

Prep Time: 30 min.
Cook Time: 35 min.
Servings: 6

1-1/4 C. all-purpose flour
1 T. poultry seasoning
1 lg. egg
1 C. 2% milk
1 broiler/fryer chicken (3 to 4 lbs.), cut up
1/4 C. canola oil

Honey-Rhubarb Sauce:

1/4 C. cornstarch

1-3/4 C. cold water, divided
1/2 C. packed brown sugar
1/2 C. honey
3 T. soy sauce
1-1/2 C. chopped fresh or frozen rhubarb
2 T. chopped onion
2 garlic cloves, peeled

Preheat oven to 400°F. Combine flour and poultry seasoning. In another bowl, whisk egg and milk. Dip chicken, 1 piece at a time, into flour mixture, then into egg mixture; coat again with flour mixture.

In a large skillet, heat oil over medium-high heat. Brown chicken on both sides. Place in a greased 13x9-in. baking dish.

For sauce: combine cornstarch and 1-1/2 C. cold water in a large saucepan until smooth; stir in brown sugar, honey and soy sauce. Pulse rhubarb, onion, garlic and remaining water in a food processor until blended. Stir into cornstarch mixture. Bring to a boil over medium heat; cook and stir until thickened, 2-3 min. Pour over chicken.

Bake, uncovered, until a thermometer inserted into a thigh reads 170°, 35-40 min.

Strawberry Rhubarb Bread Pudding

Serves: 8

Streusel:

1/3 C. all-purpose flour
1/4 C. oats
2 T. brown sugar
2 T. vegetable oil
1/4 C. chopped walnuts, lightly toasted

Bread Pudding:

4 lg. egg whites
4 lg. eggs
1 C. milk
1/2 C. granulated sugar
1 T. vanilla extract
1 tsp. orange zest
4 C. whole grain "day-old" bread cubes (1" cubes)
2 C. roughly broken gingersnaps
2 C. hulled, quartered strawberries
1 C. chopped rhubarb (1/2" pieces)

Streusel: In a small bowl, using a fork, mix together the flour, oats, brown sugar, and the vegetable oil until well combined and until mixture resembles coarse crumbs.

Bread Pudding: In a bowl, whisk together the egg whites, eggs and milk until well combined. Add the sugar, vanilla extract, and the orange zest, and continue to whisk to combine.

In a large bowl, combine the bread cubes, gingersnaps, quartered strawberries, and the chopped rhubarb. Add the milk mixture, and toss well to coat the bread and the gingersnaps.

Transfer the mixture to a 9" x 13" greased baking dish, and cover with foil. Bake at 375° F for about 40 - 45 min., or until the milk mixture has set.

Uncover, sprinkle the streusel mixture on top of the bread pudding, and continue to bake until the pudding is puffed and is a golden color on top, about 15 - 20 min. more.

Allow bread pudding to cool for about 20 min. before serving.

Rhubarb Dream Bars

Prep Time: 10 min.

Cook Time: 45 min.

Total Time: 55 min.

Servings: 15

2 C. all-purpose flour
2/3 C. confectioners' sugar
1 C. butter, softened
3 C. white sugar

1-1/2 tsp. salt
1/2 C. all-purpose flour
4 lg. eggs, beaten

4-1/2 C. chopped fresh rhubarb

Preheat the oven to 350°F. Mix 2 C. of flour, confectioners' sugar, and butter together in a medium bowl until it forms a dough, or at least the butter is in small crumbs.

Press into the bottom of a 9x13-inch baking dish. Bake for 10 min. in the preheated oven.

Meanwhile, whisk white sugar, salt, flour, and eggs together in a large bowl; stir in rhubarb to coat.

Spread evenly over the baked crust when it comes out of the oven.

Bake for another 35 minutes in the preheated oven, or until rhubarb is tender. Cool and cut into squares to serve.

Rhubarb Cheesecake

Prep Time: 20 min.

Cook Time: 45 min.

Total Time: 1 hr. 5 min.

Servings: 12

1 C. all-purpose flour
1/4 C. white sugar
1/2 C. butter
3 C. chopped rhubarb
1/2 C. white sugar
1 T. all-purpose flour
2 (8 oz.) pkgs cream cheese
1/2 C. white sugar
2 lg. eggs
1 C. sour cream
2 T. white sugar
1 tsp. vanilla extract

Preheat the oven to 375°F. Combine 1 C. flour, 1/4 C. sugar and 1/2 C. butter in a medium bowl; mix until crumbly and pat into the bottom of a 9-inch springform pan.

Toss chopped rhubarb, 1/2 C. sugar, and 1 T. flour together; pour onto crust and bake in the preheated oven for 15 min. Remove from the oven and set aside. Reduce oven temperature to 350°F.

Beat cream cheese and 1/2 C. sugar together in a large bowl until creamy; beat in eggs one at a time. Pour mixture over hot rhubarb in the pan.

Bake in the preheated oven until filling is set, about 30 min. Cover with sour cream topping while still hot.

Sour cream topping: Combine 1 C. sour cream, 2 T. sugar, and 1 tsp. vanilla in a small bowl. Mix well and spread on top of cake.

Quote of the Week:

“The flag of the United States has not been created by rhetorical sentences, but by patriotic deeds.”

~ Unknown

(Flag Day, June 14)