

ADAPT recipe for April 2014



## Rhubarb Fool

If you don't already have rhubarb in your garden it is very easy to grow.....It is a frost hardy perennial which will grow in most soils except if waterlogged. Easiest to plant crowns and then do not disturb them. Do not pull for the first couple of years, do not eat the leaves which are poisonous and cease picking from June onwards so that it recovers. Otherwise it is coming into the shops now and hopefully you will find it was grown in this country!

Everyone loves Rhubarb crumble and custard but if you have trouble getting children to eat fruit why not try this recipe which can be used for other fruits such as gooseberries:

450g of fruit is stewed in 150ml of water and then sieved. A pinch of bicarbonate of soda will counteract some of the acidity. Sweeten to taste and let cool. Add 150ml of cold custard and 150 ml of double cream, whisk for a few minutes and serve in sundae dishes. Decorate with ratafia biscuits or ice cream wafers, chocolate chips and/or chopped nuts etc.