



ward street bistro

food wanderings of a former chef

Rhubarb Fool

Serves 4

1 lb. fresh rhubarb, ends trimmed and cut into 6-inch lengths

3 tablespoons fresh orange juice

1/2 cup (plus 1 tablespoon) sugar

a pinch of salt

1 cup heavy whipping cream

1. Soak the rhubarb in 8 cups of cold water for 20 minutes. Drain the rhubarb and pat dry. Cut crosswise into 1/2" slices.
2. In a medium saucepan combine the orange juice, 1/2 cup sugar, and pinch of salt. Bring to a boil.
3. Add the prepared rhubarb to the saucepan. Bring mixture back to a boil and then reduce heat to medium-low. Simmer gently (only stirring a couple of times) for 8 to 10 minutes--just until the rhubarb is tender and starts to break apart. You want some rhubarb pieces remaining--not a total puree.
4. Transfer the rhubarb to a bowl and let cool to room temperature. Cover with plastic wrap and refrigerate until the mixture is cold, at least 2 hours and up to 24 hours.
5. When ready to assemble the fools, beat the whipping cream and 1 tablespoon of sugar together until the cream forms soft peaks.
6. To assemble, spoon about 1/4 cup of the rhubarb mixture in 8-ounce glasses. Top with about 1/4 cup of the whipped cream. Repeat with another layer of rhubarb and whipped cream.
7. Serve immediately or cover with plastic wrap and refrigerate up to 6 hours.

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