

## 19 Rhubarb



The rhubarb season runs from April to September, although it can be grown forced, which accounts for its availability from mid January till mid March.

- When buying rhubarb choose fresh crisp stalks, peel off any stringy covering before use. Stand the stalks in cold water for an hour or so to refresh them before cooking. Otherwise, store in the fridge and eat within three days of purchase.
- Rhubarb leaves should be completely removed and discarded before preparing or cooking as they contain toxic levels of oxalic acid.

To freeze: Chop into 1/2 inch pieces, spread them on a tray and place in the freezer. Once frozen, slide the rhubarb into heavy-duty plastic freezer bags. Seal tightly and put back into the freezer. Packed this way rhubarb will keep for up to six months.

Rhubarb cooked in reactive metal pots (aluminium, iron, and copper) will turn an unappetising brown colour. Always use a non-reactive pan for cooking this high acid plant. Use anodised aluminium, stainless steel, Teflon coated aluminium or enamel-coated cast iron cookware.



## Rhubarb Salsa

Preparation and cooking time: about 10 minutes

serves

4-6

### Ingredients

- 25g/8oz rhubarb, finely diced
- 1/2 red pepper, finely diced
- 1/2 yellow pepper, finely diced
- 2 tablespoon freshly chopped coriander
- 3 spring onions, chopped
- 1 chilli pepper, deseeded and finely chopped
- 2 tablespoon lemon or lime juice
- Brown sugar, salt and pepper to taste

### Method

- Blanch the rhubarb in boiling water for 10 seconds. Drain in a colander or in a sieve and refresh under cold running water. Drain again and place in a large mixing bowl.
- Add the peppers, onion, coriander, chilli and lemon/lime juice and mix well. Add sugar, salt and pepper to taste. An hour or two in the fridge in a covered bowl will help the flavours develop.

Goes well with fish or chicken.