

# Rhubarb Recipes

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## Oatmeal Rhubarb Bars

(16 Bars)

### Filling

2 Tbsps cornstarch dissolved in 1/4 cup water

3 cups fresh rhubarb, cut up

1-1/2 cups granulated sugar

1 tsp pure vanilla extract



### Nutrition Facts:

Calories 330  
Total Fat 15g  
Cholesterol 30mg  
Sodium 50mg  
Carbohydrates 49g  
Fiber 2g  
Protein 3g

### Crust

1-1/2 cups quick-cooking oatmeal

1-1/2 cups all-purpose flour

1 cup brown sugar

1/2 tsp baking soda

1 cup butter

1/2 cup chopped nuts

Wash hands and work area. Preheat oven to 375°.

**Filling:** Place cornstarch mixture in a saucepan. Add remaining ingredients; cook until thick, stirring often, about 8 minutes.

**Crust:** Mix all ingredients in a bowl until crumbly. Pat three-quarters of the mixture in an ungreased 13 X 9 inch baking pan. Pour rhubarb mixture over crust. Top with remaining crumb mixture. Bake 30-35 minutes. Cool before cutting into bars. Refrigerate leftovers.

## Strawberry—Rhubarb Trifle

(12 servings)

2 cups fresh rhubarb, cut into 1/2-inch pieces

1 cup granulated sugar

1/4 cup fresh orange juice

1 tsp pure vanilla extract

2 cups strawberries, sliced

2 packages (4-serving size) cook and serve vanilla pudding mix

2-1/2 cups whole milk

2 cups frozen nondairy whipped topping, thawed

1-16 oz pound cake

1/2 cup orange marmalade



### Nutrition Facts:

Calories 280

Total Fat 9g

Cholesterol 5mg

Sodium 160mg

Carbohydrates 47g

Fiber 1g

Protein 5g

Wash hands and work area.

Bring rhubarb, sugar and orange juice to a boil in a 2-quart saucepan over medium heat. Reduce heat to low; cook, stirring occasionally, until rhubarb is tender and thickened slightly; stir in vanilla extract. Remove from heat; cool 30 minutes. Refrigerate until chilled. Stir in strawberries.

Cook pudding and milk in a 2-quart saucepan over medium heat, stirring constantly, until mixture boils. Cool in pan 15 minutes, then refrigerate and chill well. Fold in whipped topping.

Cut pound cake horizontally in half. Spread marmalade over bottom half. Top with top half. Cut into 18 slices. Place 9 slices in bottom of a 3-quart trifle or glass serving bowl. Spoon half the rhubarb mixture over cake; top with half the pudding. Repeat layers with remaining cake, rhubarb and pudding. Cover and refrigerate until chilled. Refrigerate leftovers.

# Rhubarb Pinwheel Cookies

(Makes 4 dozen)

## Filling

- 1 cup rhubarb, cut into 1/4 inch pieces
- 1/2 cup fresh strawberries, sliced
- 1/2 cup granulated sugar
- 1/4 cup cold water
- 2 Tbsps cornstarch, mixed with 2 Tbsps cold water

## Dough

- 1 cup butter, softened
- 1 cup brown sugar, packed
- 1 cup granulated sugar
- 2 eggs
- 1 tsp pure vanilla extract
- 4 cups all-purpose flour, mixed with 1 tsp baking soda and 1/2 tsp salt



### Nutrition Facts:

Calories 100	Total Fat 4g
Cholesterol 20mg	Sodium 140mg
Carbohydrates 17g	Fiber 0g
Protein 1g	

Wash hands and work area. Preheat oven to 350°.

**Filling:** Stir rhubarb, strawberries, granulated sugar and water in a saucepan. Cover and cook until rhubarb is tender, about 5 minutes. Stir in cornstarch mixture. Cook and stir until thick and bubbly. Remove from heat; cool.

**Dough:** Beat butter in a large bowl until fluffy. Add brown sugar and granulated sugar; continue to beat until light and fluffy. Beat in eggs and vanilla. Beat in flour mixture.

Divide dough in half. Roll 1/2 dough between waxed paper to a 12 X 10" rectangle. Remove top sheet of waxed paper. Spread with 1/2 filling. Roll up, beginning at the long side. Seal end and edge of dough. Wrap in waxed paper; chill well. Repeat procedure with remaining dough.

Cut dough into 1/4" thick slices. Place 2 inches apart on greased baking sheets. Bake about 10 minutes. Cool on a wire rack.

## Strawberry-Rhubarb Tiramisu

(16 servings)

4 cups fresh rhubarb, sliced

3/4 cup granulated sugar

1 tsp pure vanilla extract

1 pint strawberries, sliced

3 large egg yolks

1/3 cup granulated sugar

1 tsp pure vanilla extract

1/4 cup water

1 cup mascarpone cheese (8 oz)

1-1/2 cups heavy cream, whipped to stiff peaks

1-1/2 (3 oz each) packages ladyfingers



### Nutrition Facts:

Calories 240

Total Fat 18g

Cholesterol 110mg

Sodium 85mg

Carbohydrates 19g

Fiber 1g

Protein 3g

Wash your hands and work area.

Place rhubarb and sugar in a medium saucepan; bring to a boil, stirring constantly. Reduce heat; cook, stirring often, 15 minutes or until rhubarb is soft; stir in vanilla and strawberries.

Pour into a bowl, and refrigerate, stirring occasionally, until cold.

Place egg yolks, sugar, pure vanilla and water into the top of a double boiler. Cook mixture over boiling water, stirring constantly, until mixture thickens, about 10 minutes. Pour into a bowl, and whisk until cool. Whisk in mascarpone cheese until blended. Fold in whipped cream.

Place half of the ladyfingers onto bottom of a 1-quart glass serving dish. Spread with half the rhubarb mixture. Cover with half the cheese-cream mixture. Repeat layering, ending with cheese-cream mixture. Chill before serving.

Refrigerate leftovers.



## Pork Loin with Rhubarb Sauce

(Serves 8)

- 1 boneless top pork loin roast (3 lb single loin), fat trimmed
- 1/4 cup Dijon-style mustard
- 2 Tbsps minced garlic
- 1/2 tsp ground black pepper

### Sauce

- 3 cups fresh rhubarb, cut into 1/2 inch pieces
- 1 Tbsp fresh onion, minced
- 1/3 cup fresh orange juice
- 1 Tbsp cider vinegar
- 6 Tbsps granulated sugar

### Nutrition Facts:

Calories 300
Total Fat 13g
Cholesterol 85mg
Sodium 790mg
Carbohydrates 14g
Fiber 1g
Protein 33g

Wash your hands and work area. Preheat oven to 325°.

Score top and bottom of roast with a sharp knife in a diamond pattern, with cuts 1/4" deep. Mix mustard, garlic, salt and pepper in a bowl; rub onto all sides of meat. Insert a meat thermometer near center of roast. Place roast on a rack in a shallow baking pan. Roast 1-1/4—1-3/4 hours or until meat thermometer registers 145°. Remove roast to a platter; cover with foil and let rest 15 minutes before slicing.

Bring all sauce ingredients to a boil in a saucepan. Reduce heat; cover and simmer 15 minutes, stirring often. Serve warm with roast.

*Serve with hot cooked flavored rice along with buttered asparagus, a crisp garden salad and onion rolls with butter.*

## Roasted Rhubarb Salad

(Serves 4)

1 lb fresh rhubarb, cut into 3-inch pieces  
1 small shallot, minced  
3 Tbsps honey  
1 Tbsp red wine vinegar  
1/2 tsp freshly ground black pepper  
3 Tbsps extra-virgin olive oil  
6 cups mixed salad greens  
Manchego, Romano, Asiago cheese or any other firm cheese, optional

### Nutrition Facts:

#### Cake with Frosting

Calories 210  
Total Fat 11g  
Cholesterol 0mg  
Sodium 10g  
Carbohydrates 27g  
Fiber 2g  
Protein 3g

Wash your hands and work area. Preheat oven to 400°.

Mix rhubarb, shallot, honey, vinegar, salt and black pepper in an ungreased, shallow baking dish. Bake 10 to 12 minutes or until rhubarb is soft but not falling apart. Remove from oven; spoon on a plate and let cool. Pour cooled juice from baking dish into a small bowl. Whisk in olive oil.

Place salad greens on 4 salad plates. Top each with rhubarb; drizzle each with dressing. Top with cheese as desired.





## Rhubarb Salsa

(Makes about 2 cups)

2 cups fresh rhubarb, finely diced  
1/2 cup sweet red pepper, chopped  
1/2 cup sweet yellow pepper, chopped  
1/2 cup fresh cilantro  
3 green onions, finely chop  
1 chili pepper, minced and seeded  
2 Tbsps fresh lime juice  
Brown sugar to taste  
Salt to taste  
Ground black pepper to taste

**Nutrition Facts:**

Calories 140  
Total Fat 1g  
Cholesterol 0mg  
Sodium 15mg  
Carbohydrates 31g  
Fiber 7g  
Protein 4g

Wash hands and work area.

Blanch rhubarb in a saucepan in boiling water 10 seconds. Strain under cold water; drain. Place in a glass bowl. Add remaining ingredients; mix well. Store in refrigerator no longer than 1 week.



## Rhubarb

You know that summer is on its way in when the rhubarb stalks are large enough to gather. This tart stalk, colored deep red and topped with broad, bright-green leaves, grows in backyards and around farm buildings without much attention. Keeping plants well-fertilized is all that's needed. The plants can usually be ignored until it is time to pick a few stalks for a sauce, a springtime treat, or a tart rhubarb pie. The brightly colored stalks can be found in supermarkets as well as in farmer's markets during the season. Some children even like to chew the stalks freshly picked.

### Nutrition Information

Rhubarb, a spring tonic for vitamin C and calcium, is an easy and versatile fruit to use, although it provides only a moderate source of fiber. One of the drawbacks is that because it is so tart, most recipes call for more sugar than most other desserts. As with other fruits, 1/2 cup cooked rhubarb is considered a serving. A serving without sugar is only 29 calories, but with sugar it is 139 calories. By combining the stalks with sweeter fruits, like strawberries, the sugar content can be lowered quite a bit.

### Selection

Field-grown rhubarb is on the market shelves between April and June in most areas. Choose stalks that are well-colored, good-sized, straight, and firm. Sometimes, rhubarb is sold with the leaves attached; they should be fresh-looking and crisp. Avoid stalks that are wilted or flabby.

### Storage

After cutting off the leaves, wash the stalks. Store them in a plastic bag in the crisper of the refrigerator. Use within one week.

**(Caution:** Rhubarb leaves contain a toxic substance that makes them poisonous. Be sure the leaves are removed before using the stalks. Discard them without cooking or eating.)



### Preparation

Before cooking, trim stalks at the top and bottom. Trim any bruised spots. Wash stalks. For sauces or stewing, cut the rhubarb into 1" to 2" chunks. If the stalks are fresh, the fibers can be cut easily and will soften when cooked.

The two popular cooking methods include baking and stewing for sauces. Rhubarb sauce is made by placing the cut pieces in a saucepan. A stainless steel or Teflon™-coated pan is preferred. Rhubarb is highly acid and may react to some metals such as aluminum. Add 2/3 cup of water to the pan, and bring to a boil. Add 4 cups of cut rhubarb (six to eight stalks). Reduce heat, and simmer over low heat for about five minutes, or until rhubarb is tender. Add sugar to taste; between 3/4 to one cup is sufficiently sweet for most people. If you like less sugar, start with a smaller amount and taste-test the fruit before serving. Cold rhubarb sauce will not taste as sweet.

*Developed by Extension Nutrition Specialist Nellie Hedstrom*