



# Richard's Rhubarb

Smittenaar Compendium of Culinary Euphoria

vol. 3

All about rhubarb. This is the second of three little booklets, each featuring a handful of recipes all using a single main ingredient – and more than a handful of mouth-watering photographs.

Peter and I first made a cookbook together a couple of years ago, for newly-wed friends of ours. We really enjoyed the process and wanted to do something similar again, if perhaps a bit less ambitious in scale. We settled on choosing one ingredient and showcasing a handful of tasty dishes using it in one way or another. This way we'd have some continuity, while also allowing for plenty of variation in cuisine and type of dish we'd be making and photographing.

Chickpeas, rhubarb, and tofu. Why these? Well, mostly because I both enjoy cooking with them and had already found or fashioned some favourite dishes using them. What slipped my mind was their aesthetic appeal – both tofu and chickpeas aren't the most visually exciting ingredients out there. Peter ably rose to the challenge, though, as I'm sure you'll agree perusing the following pages.

Personally, there are two reasons why I enjoy a little project like this. It compels me to do some culinary exploration. Sure, I have a handful of go-to dishes with



chickpeas, or rhubarb, or tofu, but now I need to find three or four more which are worthwhile writing up and photographing for you guys. Of course, they can't all be variations on the same theme, so I end up trying out unlikely recipes which I otherwise wouldn't have gotten around to. Rhubarb's tangy and sour flavours understandably go well with slightly fatty meats such as pork and lamb, but I realised rhubarb can also form a great base for a crumble, or complement the different sourness of yoghurt. For being a fruit with such an extreme flavour profile, I was pleasantly surprised with rhubarb's versatility.

And naturally, the day or two of cooking, cooking, cooking, photographing and photographing, and getting varied friends to consume the balance is great fun, too. Especially when we get lucky with the weather and have a sunny May day to spend on Peter's roof terrace. We'll include the appropriate cocktail as a bonus around here somewhere...

Enjoy!

~Richard



A close-up photograph of several fresh rhubarb stalks. The stalks are long and cylindrical, with a color gradient from pale yellow at the base to bright red at the tips. They are arranged diagonally across the frame, resting on a grey, textured surface.

# Recipes

Rhubarb Pancakes

Pork Tenderloin with Rhubarb Sauce

Rhubarb Compote

Lamb and Rhubarb Stew

Rhubarb Crumble



# Rhubarb Pancakes

The sour of the rhubarb, the sweet of the orange and powdered sugar, the heat of the ginger and richness of the egg and butter – this is one tasty pancake.

Whisk together the buttermilk, egg, extract, zest and ginger in a small bowl.

Whisk together the flour, salt and baking soda in a large bowl, and slowly whisk in the liquid mixture until a smooth batter forms (adding milk if necessary to get the desired consistency). Fold in the rhubarb. Cook, with butter, as you'd normally cook pancakes. Serve dusted generously with icing sugar.

*Makes 3 large pancakes*

250ml flour

1 teaspoon baking soda

1/4 teaspoon salt

250ml buttermilk, plus milk

1 egg

1/4 teaspoon orange extract

1/4 teaspoon orange zest

1t grated ginger

2-3 stalks of rhubarb, sliced thinly

butter

confectioner's (powdered) sugar



# Pork Tenderloin with Rhubarb Sauce

This is a great tangy sauce which goes well with any kind of roast or pan-fried pork. Try it first with chops, for instance.



*serves 2*  
Pork tenderloin, 200g  
100g rhubarb  
1T honey  
2t soy sauce  
1 garlic clove  
1 fresh red chili, deseeded  
1/4t five-spice  
2cm ginger

Blend all the marinade ingredients together into a smooth paste, then simmer until thickened.

Meanwhile, season the pork loin, brown it for 2-3min and then roast it for ~10min in a 180c oven. Let rest before slicing, serve topped with the rhubarb sauce.



## Rhubarb Compote

An excellent topping for a bowl of yoghurt – just add a tablespoon or two. The original idea was to add just a bit of yoghurt to the braised rhubarb, but after cooking down the compote is too strongly flavoured to eat a bowl of it by itself. I really enjoy it mixed in with my yoghurt and cereals in the morning.

Place everything but the yoghurt and honey together in a pan, simmer until the fruit has broken down. Pour into glass jars and place in the fridge. Serve on top of yoghurt, with a drizzle of honey.



*makes 2 jars*  
5 stalks of rhubarb, sliced into pieces  
1 fennel bulb, diced  
1" grated ginger  
2T sugar  
1 Bramley apple  
2 oranges  
yoghurt  
honey

# Lamb and Rhubarb Stew

This is a Persian dish, and as such would go especially well with a fragrant rice – just plain basmati rice or a pilaf, if you feel like putting in some more effort.



*serves 2*  
1T oil  
40g butter  
1 onion, sliced  
1 garlic clove, crushed  
400g boned shoulder or leg of lamb, cubed  
1 tsp ground coriander  
400ml vegetable stock  
large handful of parsley, chopped  
small handful of fresh mint leaves, chopped  
200g rhubarb, sliced into 2" pieces

Brown the onions in the oil and half the butter. Add the garlic, fry until fragrant, and remove the onion and garlic from the pan. Brown the lamb, return the onion, and add the ground coriander. Add the stock and simmer for an hour.

Stir most of the herbs into the stew and simmer for another 30min, until the lamb is very tender. Meanwhile, fry the rhubarb in the remaining butter. When just tender, stir into the stew, and serve, topped with the remaining herbs.



# Rhubarb Crumble

Yum yum yum. Serve the crumble with custard (thanks, Rebecca!), and add strawberries to taste – the more of them you include, the sweeter the crumble will be.

Simmer the rhubarb, strawberries, and ginger over a low heat, until slightly mushy and broken down into a single substance. Pour into an oven dish, roughly 15x20cm.

Sieve the flour, cardamom and salt together, rub in the butter, stir in the sugar, and crumble the mixture over the fruit.

Bake for 20-30min at 190C, until the top is golden brown. Serve with custard.

*serves 4*

5 stalks of rhubarb, cut into 1-2" lengths

200-400g strawberries

2" ginger, grated

225g plain flour

1t ground cardamom

pinch of salt

125g unsalted butter, diced and room

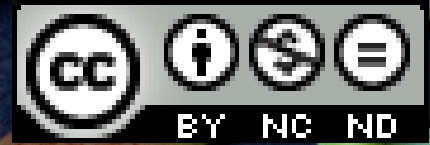
temperature

75g sugar





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The food



The photos