



Get to know: Rhubarb

Rhubarb is a species of plant in the family Polygonaceae. It produces large leaves that are somewhat triangular, with long fleshy stalks and small flowers grouped in large compound leafy greenish-white to rose-red inflorescences. In culinary use, fresh raw stalks are used because of its strong, bitter, tart taste. Most commonly, the stalks are cooked with sugar and used in pies and other desserts – although it is technically categorized as a vegetable. The colour of rhubarb stalks can vary from the commonly associated crimson red, through speckled light pink, to simply light green - the colour though is not related to its suitability for cooking.



Nutrition

One cup (100g) of raw rhubarb has 26 calories, 6g of carbohydrates, 2.2g of fibre, and 1,1g of protein. With 27 calories per 1-cup serving, rhubarb fills you up, but it should not be a plant you overindulge on, if you cover it with sugar as in most recipes.

Fun Facts

In British theatre and early radio drama, the words "rhubarb rhubarb" were repeated for the effect of unintelligible conversation in the background. Spinning off from this recurring joke, the British comedian Eric Sykes wrote, directed and starred in the 1969 film *Rhubarb*, in which all of the actors' dialogue consists of the word "rhubarb" repeated over and over – making the movie appear to the viewer as a silent movie.

Health Benefits

Rhubarb is extremely low in fat and cholesterol, and is therefore appropriate for the maintenance of good cardiovascular health. The plants high amount of dietary fibre also helps in ensuring a good healthy digestive system, making sure that bowel movements are smooth and regular. However, it is the rhubarb's high content of vitamin K that is the real treat. Vitamin K has been found to play a significant role in the brain and neuronal health – preventing oxidation of the brain cells, while stimulating cognitive activity. This vitamin may be a contributing factor in the delay or preventive onset of Alzheimer's disease. Along with its role in protecting the brain from neural degeneration, vitamin K also promotes bone growth and repair.

source: en.wikipedia.org/wiki/rhubarb, youtu.be/EOiwJkMvYI, organicfacts.net/health-benefits/fruit/rhubarb.html

image: www.qvm.com.au/wp-content/uploads/2013/04/Rhubarb.jpg

Want to try the Danish intern's granny's recipe?

Rhubarb cake (Rabarber kage)

Recipe by: Selina's grandfather

Serves: 6

What You Need:

- 800 g of rhubarb
- 300 g of sugar
- 1 vanilla pod
- Macaron cookies or any sweet rusks
- Whipped cream (optional)

What To Do:

1. Clean the rhubarb and cut them in 1 cm chunks.
2. Boil the rhubarb with the vanilla and sugar, until the rhubarb is tender.
3. Add sugar to taste – depends on how sweet or sour you like it.
4. Let the porridge cool off, while you grind up the macaron or rusk in a blender.
5. Once the porridge has cooled off, put some of it in a bowl, then add a layer of roughly chopped macaron/rusk, then add another layer etc. The top layer should be macaron/rusk.
6. Lastly, you can top off the lovely cake with a cool layer of whipped cream.

source: intern's mom

Don't feeling like having cake? Here are some other options:

- Grilled chicken with rhubarb chutney: www.allparenting.com/my-table/articles/967641/grilled-chicken-with-rhubarb-chutney
- Rhubarb-Lentil Soup with Crème Fraîche: www.cookinglight.com/food/in-season/rhubarb-recipes/rhubarb-lentil-soup-creme-fraiche
- French Rhubarb Tart: www.bbcgoodfood.com/recipes/2955674/french-rhubarb-tart