

STRAWBERRIES & RHUBARB, OH MY!

~ Nita Couchman



One of my early family memories is vacationing in southern California where we'd visit Knott's Berry Farm. We always ate one dinner at a particular restaurant there whose trademark dish was a small bowl of stewed rhubarb for each diner. My dad was particularly fond of this, but we kids couldn't quite get past the sour, mouth-puckering nature of rhubarb.

We've come a long way in discovering lovely pairings for rhubarb, most notably strawberries, but also other berries, apples, apricots, ginger, coconut, orange zest, just to name a few. Don't let your imagination hold you back.

Looking for more yummy ways to use your rhubarb? Check out this *epicurious* website with **45 Best Rhubarb Recipes to Try This Spring** --

<https://www.epicurious.com/ingredients/rhubarb-sweet-savory-recipes-gallery>

SIMPLE RHUBARB SAUCE:



Anyone can make a simple rhubarb sauce in about 20 minutes (about 1-1/4 cups):

1/3 cup sugar

¼ cup water

2-1/4 cups sliced rhubarb

1 teaspoon grated lemon zest

1/8 teaspoon ground nutmeg

In a small saucepan, bring sugar and water to a boil. Add rhubarb. Cook and stir until rhubarb is tender and mixture is slightly thickened, about 5-10 minutes. Remove from heat; stir in lemon zest and nutmeg. Serve warm or chilled over pound cake or ice cream. Refrigerate leftovers.

STRAWBERRY PIE (my Mom's recipe)



I always associate fresh strawberry pie with my mom, who made the most delicious strawberry pie I've ever tasted. It's the standard by which I measure ALL strawberry pie. Try it and see what you think.

- 1 baked 9-inch pie shell
- 2-1/2 cups fresh whole strawberries, trimmed
- 1 cup sugar
- 3 tablespoons cornstarch
- ½ cup water
- Dash salt
- 1 cup lightly crushed strawberries, including juice
- few drops red food coloring (optional)
- 1 cup heavy or whipping cream whipped and sweetened for garnish

Place fresh, whole strawberries in baked pie shell, arranged evenly. Set aside.

In a medium saucepan, combine sugar, cornstarch, water and salt; mix well. Add crushed strawberries and food coloring and cook over medium heat until thick and mixture begins to boil. Continue cooking at low simmer for 2 minutes. Cool slightly before pouring over the berries in the pie shell. Cool, then refrigerate until serving time. Serve with whipped cream (or vanilla ice cream). Makes 8 servings

STRAWBERRY RHUBARB CAKE



And now to bring these two ingredients together, you can try this lovely snack cake.

Ingredients:

- 3 eggs
- 2 cups sugar
- $\frac{3}{4}$ cup softened butter
- 1 teaspoon vanilla
- 2 cups all purpose flour
- 2 cups strawberries, washed and dried as much as possible, chopped very small
- 1 cup rhubarb, thinly sliced and chopped

1. Preheat oven to 350 degrees. With a mixer, beat the eggs with the sugar until slightly thickened and light in color, about 5-7 minutes. The mixture should almost double in size. The eggs work as your leavening agent in this recipe, so do not skip or shorten this step. This mixture should form a ribbon when you lift the beaters out of the bowl.

2. Add the butter and vanilla; mix two more minutes. Add the flour and mix until just combined. Add the rhubarb and strawberries and stir to mix throughout.

3. Spread in a buttered 9x13 pan. Bake for 40-50 minutes, or until very lightly browned and a toothpick inserted near the center of the cake comes out clean. (43 minutes typically works for me but each oven will be slightly different.) Let cool completely before cutting into small slices. ENJOY!

NOTE: Gluten Free Substitution for 2 cups all purpose flour: 1-1/4 cup brown rice flour + $\frac{1}{2}$ cup potato starch + $\frac{1}{4}$ cup tapioca starch + 1 teaspoon xanthan gum.

From: <https://barefeetinthekitchen.com/strawberry-rhubarb-cake>