

Some Rhubarb Dishes

Just at present most of us seem to be looking frantically around for something to reduce the high cost of living. The remedy suggested is greater production. A very good thing to begin on is a few rhubarb plants. They are easily planted, require no great amount of attention, and four or five of them will supply one with rhubarb for the entire summer and leave a good surplus for canning and pickling. Don't plant any old thing that bears the name of rhubarb. Good plants cost little more and last just as long as the inferior varieties. Strawberry and raspberry rhubarb plants may be purchased at any of the seed houses for 25 or 35 cents, and after the first year you can double your number of plants by dividing the roots. Rhubarb comes at a time of the year when fruit is scarce. It contains valuable mineral salts and can be served in dozens of ways. If you have not already done so, get busy and plant some rhubarb.

Canned Rhubarb

I gave this recipe before, but it is so excellent I am sure you will pardon me for printing it again. One of our women grain growers at whose house we were delightfully entertained gave me the instructions, and I have never found any recipe for canning rhubarb so satisfactory as this one.

Wash the rhubarb, cut it in small pieces and pack in sterilized jars. Screw the tops on not quite tight, set the sealers in the wash boiler with the water within two inches of the top of the jars. Cook until the rhubarb is tender, but not broken. Remove from the boiler and fill with boiling hot fairly thick syrup and seal at once. This keeps beautifully and tastes like the fresh article.

Raw Rhubarb

A Scotch friend of mine gave me her method of canning rhubarb raw. I experimented with it some time last summer and found it almost as good as the fresh article. Wash the rhubarb well and cut it in quarter-inch pieces. Have ready some sterilized jars and pound the rhubarb in the jars until it is covered with its own juice and the jars are brimming full. Seal and keep in a cool, dry place. To pound the fruit in, I sawed off the end of a broom handle, boiled it and used the flat end. This rhubarb makes excellent pies and puddings during the winter, and can be sweetened when used.

Rhubarb and Strawberries

The next time you are preserving strawberries, try some with rhubarb. The combination is a good one. Allow one pound of strawberries to each two pounds of rhubarb, and three-quarters of a pound of sugar to each pound of fruit. Cook in an open kettle until the fruit is tender. Do not add much water as both these fruits are very juicy. If preferred these may be canned in the boiler or pressure cooker.

Rhubarb Relish

If your pickles are running low, try this recipe. It is inexpensive, easy to make, and especially good with cold meats.

1 quart rhubarb 1 quart onions
1 pint vinegar 1 1/2 lbs. brown sugar
1 level teaspoon cloves 1 teaspoon cinnamon
1 teaspoon allspice 1/2 teaspoon pepper
1 teaspoon salt

Slice the onions and cut the rhubarb in small pieces. Put spices in a cheesecloth bag, add sugar and vinegar and boil all together until fairly thick.

Rhubarb Juice

This juice may be used in making drinks, desserts and pudding sauces. Cut the rhubarb in small pieces, add just enough water to cover and simmer it until it is very soft. Strain the juice through a jelly bag and to each quart of juice add one cup sugar. Heat the juice until the sugar is dissolved. Skim it and bring to the boiling point. Pour into sterilized glass jars and seal.

A Delicious Dessert

Rhubarb or any tasty fruit juice may be used in making this dessert.

Bread or stale cake Fruit juice
Whipped cream

Break the bread into cups or individual moulds. Pour fruit juice over it until every particle is moistened. Press down slightly and set away in a cool place. At dinner time turn from the mould and serve with whipped cream. Strawberry and raspberry juice make the dessert a very attractive color.

Rhubarb Sponge

This is another particularly fine rhubarb dessert.

2 tablespoons granulated gelatine 1 cup milk
1/4 cup cold water 1-3 cup sugar
1 cup rhubarb sauce
Whites 2 eggs

Soak the gelatine in cold water. Scald the milk and dissolve the sugar in it. Pour the hot milk over the gelatine and stir until the gelatine is dissolved. Set the mixture in a cool place until it begins to thicken; then beat well with an egg beater. Add the rhubarb and fold in the well beaten whites of the eggs. Turn into a mould that has been rinsed with cold water and chill until it is set. Serve with whipped cream.

Rhubarb Pudding

This is much like a "Brown Betty" and a very good way to use stale bread.

1 pint rhubarb sauce 1 pint bread crumbs
1-3 cup melted butter

Mix the butter with the crumbs. Arrange the rhubarb and crumbs in layers, having the crumbs on top. Sift nutmeg and cinnamon over the top and bake until brown in a moderate oven.

Rhubarb Puffs

Rhubarb puffs are delicious and served with foaming sauce, very attractive as well.

1 cupful flour (sifted) 1/2 cup milk
1 teaspoon baking powder 1 tablespoon melted butter
1/4 teaspoon salt 1 egg well beaten
1/4 cup sugar Rhubarb sauce

Combine all the ingredients except the rhubarb in the order given, and beat the mixture until it is smooth. Grease individual moulds or cups and put into each one three tablespoons of the rhubarb sauce and one of the batter. Steam the puffs for twenty minutes and serve warm with sugar and cream or with foaming sauce.

Foaming Sauce

This sauce is good with most sweet and batter puddings.

2-3 cup rhubarb juice 1 cup sugar
Whites of 2 eggs

Boil the sugar and the juice until the syrup threads. Pour it over the well beaten whites of the eggs and beat the mixture until it is smooth and thick. Serve the sauce cold.

Rhubarb Sherbet

This is fine on a hot day and much more refreshing than ice cream.

1 tablespoon granulated gelatine 2 cups sugar
1/4 cup cold water Juice of 2 lemons
4 cups rhubarb juice

Soak the gelatine in the cold water until it is soft. Make a syrup by boiling the rhubarb juice and the sugar for five minutes. Pour the hot syrup over the gelatine, add the lemon juice and stir the mixture well. Strain it, allow it to cool and freeze it.

Rhubarb and Pineapple Marmalade
Rhubarb and pineapple are two flavors that blend beautifully.

2 lbs. red rhubarb 2 lemons (juice and rind)
2 lbs. sugar 1 cup pineapple

Cut the rhubarb and pineapple in pieces, add the lemon juice and rind and the sugar. Boil all slowly until the mixture is thick and clear.

Rhubarb and Fig Preserve

6 lbs. rhubarb 1 lb. figs
3 lemons (juice and rind) 4 lbs. sugar

Combine the rhubarb, figs and sugar and allow the mixture to stand overnight. Add the juice and the rind of the lemons. Cook the mixture slowly until it thickens. Turn into glasses and seal.

Rhubarb Jelly

Rhubarb jelly is hard to make. There is not enough pectin in the rhubarb to make it jelly easily, but rhubarb combined with some other fruit makes excellent jelly. Some general proportions are as follows:

1.—1 part sour apple juice, 3 parts rhubarb juice.

2.—1 part currant, 6 parts rhubarb juice.

3.—1 part sour apple juice, 1 part red plum juice, 3 parts rhubarb juice.

Use only the tender, unpeeled stalks of rhubarb for jelly. Wash them, cut in small pieces and put in a kettle over a slow heat. Do not add water. Simmer the fruit slowly until it is perfectly soft, then strain through a jelly bag. Use from one-half to three-fourths as much sugar as juice, the degree of acidity determines the amount of sugar required.

The Country Cook.

The Prize Dish Of All Food Creations

Recipe

At berry time use berries. At other times any sort of fruit.

Mix in these Puffed Grain bubbles. A crisp, flaky crust improves any fruit creation. And these taste like nut-meats, made airy and thin.

Add sugar and cream. This is all done in a minute.

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