



*The rhubarb - the symbol of appreciation.
Gluten-free rhubarb and cardamom Chantilly dessert.*



This plant is ideally combined with strawberries (less popular in Moldova a few decades ago ...) It's alright! This means that the rhubarb season is well underway until the beginning of summer. We were not tempted by the strawberry in the trade. It has no taste now. It's much sourer than the rhubarb, and tasteless, on top of that ...

As long as we didn't look for it, we couldn't find it in our gastronomic memory, we only found it recently, a few years ago, in Edinburgh. Once February starts, you see it everywhere. In all kinds of shops and in most restaurants. And it is used in various dishes from the savoriest ones to the sweetest.

We chose to highlight it in a gluten-free dessert, which is lower in calories than a "Pavlova". In addition to the fact that the rhubarb offers more color, it also brings a deep note of earthiness. If it's spring and you want to get a sweet and sour dessert, then rhubarb is the ingredient.

For a finer texture, the peel is shaved off the stalks, and for an even more intense taste and more color it's better to keep the peel intact. Be sure to wash your hands thoroughly after preparing the rhubarb and cutting off its leaves (they are toxic).

Rhubarb contains a number of minerals and vitamins, so it is good to eat it. It is an excellent source of vitamin C. It also contains dietary fiber that helps regulate the digestive system. It is also an important source of calcium and rich in vitamin K which prevents diabetes. It is a very good antioxidant plant.

Those in the School of Life, in their book "Thinking and eating" consider the rhubarb to be a symbol of appreciation. They claim that "at first sight, rhubarb is unappealing and boring, which is why it is a fitting symbol of appreciation. Imperfectly cooked, it is sour, messy and disgusting. It has no prestige. One learns to despise rhubarb. But treated the right way, its charms are exemplary and manifold."



The wild stump



In our recipe we will share one of the methods of preparing the rhubarb – the pouching, so that we highlight this special ingredient, nutritious and which, of course, is very delicious.

This time we're bringing a gluten-free recipe for about 4 servings.

Ingredients:

200 g rhubarb

100 g caster sugar

100 ml water

100 ml pomegranate juice

A handful of macadamia nuts or almond flakes

A handful of pomegranate seeds

200 gr double cream

50 g icing sugar (or more if you like a much sweeter cream)

A teaspoon of cardamom pods



Preparation method:

1. We brought the cream to a boil (as we see it start to boil, we take it off the heat). We tossed the finely crushed cardamom beans into it. Then mixed and left the composition to cool overnight (in the fridge).

The day we made the dessert, we strained it through a fine mousselin.

In a bowl we've whipped the infused cream adding the icing sugar. To balance the taste, we've added a pinch of salt. With a whisk, we've mixed the ingredients until soft picks and stored it in the fridge for later on.



The wild stump

2. In a saucepan, we have mixed the caster sugar, water and pomegranate juice and cook over medium heat until syrupy. We let the syrup to cool down at room temperature.
3. Meanwhile, we peeled the rhubarb with a peeler (a paring knife can also be used).
4. Then with a peeler we sliced the rhubarb along, obtaining strips as longer as possible, with a thickness of 2-3 mm. We need 3-4 strips per serving.
5. The plating: once all the elements are ready, we can make the plating. We've done it in a bowl (see the photos). With the help of a spoon we formed a circle of pomegranate syrup. In the very middle we placed a generous spoonful of cardamom Chantilly cream. Then we pouched the rhubarb strips in the chilled pomegranate syrup (no more than 1-2 seconds), and arranged them randomly on top of the cream. We finished off the presentation with some macadamia nut halves, which are crunchy and creamy at the same time. We also added a few pomegranate seeds on top for their caviar-like texture. And "un dernier touché" – some micro lemon thyme (*thymus citriodorus*).



Bon appetit, dear friends !