

Taste the Hills

Recipes and Tips

Rhubarb, cardamom and ginger parfait

You will only need 500g rhubarb for the parfait but do make extra and put it on your pancakes or yogurt.

For the rhubarb compote

800g trimmed rhubarb

1 inch ginger, peeled and finely chopped

250g caster sugar

Put everything in an oven proof dish and cover loosely with foil. Bake at 180 degrees for about half an hour or until just nicely soft and juicy. Allow to cool completely and chill ready to use in the parfait.

To make the parfait

110ml milk

200ml double cream

4 cardamom pods

6 egg yolks

120g sugar

3 egg whites

½ tsp vinegar or lemon juice

Heat the milk, cream and cardamom pods together until scalded but not boiling. Leave to infuse for 10 minutes.

Beat the yolks with 60g of the sugar until creamy. Add the creamy milk to the eggs and stir well. Return to the pan and gently reheat until it begins to thicken. Be very careful not to let it get too hot. It should not be allowed to boil or you will find you have scrambled the eggs.

Strain through a sieve and let the custard cool in a bowl. Transfer to the fridge as soon as possible to chill it well.

When the custard is really cold, whisk the egg whites with the vinegar until stiff. Add the rest of the sugar and whisk again.

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