



Rhubarb Fool
with Edible Blossom
Shortbread



The gardens and hedgerows froth over with blossom in May and this classic dessert is equally pink and foamy.

Made early in the year with forced rhubarb it would really zing with pink, but then you would have paid a fortune. May is the season for garden rhubarb which tastes all the better for being home grown.

Rhubarb Fool

450g rhubarb
4 tbsps granulated sugar
300ml double cream
100ml Greek Yogurt
Mint leaves, optional

Preheat the oven to 190/170/gas 5.

Wash the rhubarb stalks and cut into short lengths about 3cm long. Place in an ovenproof dish, sprinkle with sugar and shake into a single layer.

Cover and cook for 20-25 minutes until just tender. Allow to cool.

Whip the cream until it stands in soft peaks then fold in the yogurt.

Strain the rhubarb reserving the juice then very gently fold into the cream.

Divide between four glasses and chill for a couple of hours.

Serve with the reserved juice spooned over and topped with mint sprigs.

Serves 4

If you are going all out to impress serve the Fools with crisp shortbread decorated with edible spring flowers and a sprinkling of sugar.

I started with petals from the ornamental apple tree then got all enthusiastic and raided the garden for more ornate flowers.

At this time of year there was a good choice. Primroses worked well as they are nice and flat and viola's looked great as they come in so many colours. I also found a few scented geraniums in the greenhouse and violas under the hedge. Just make sure they are clean and haven't been sprayed with noxious chemicals.



Edible Blossom Shortbread

125g butter, softened

55g caster sugar

180g plain flour

1 egg white

edible flowers

Line a couple of baking sheets with non-stick baking paper.

Cream together the butter and sugar until light and fluffy then gradually work in the flour.

Knead lightly to form a stiff dough. Roll out to about 0.75cm thickness and cut into 5cm rounds. Transfer to the baking sheets and chill for 20-30 minutes.

Preheat the oven to 190 / 170 fan / gas 5 then part-bake the shortbread for 9 minutes, allow to cool for a few minutes on the trays.

While they are cooking trim the flowers of any tough stalks so they lay as flat as possible. Or you can flatten bulkier flowers between two sheets of kitchen paper weighed down with a book.

Lightly beat the egg white with 1 tbsp water.

Working on one biscuit at a time, brush with egg white then arrange the flowers or petals pressing down lightly to make sure they stick. Brush with a little more egg white then sprinkle with granulated sugar before moving on to the next biscuit.



Return to the oven for a further 9-10 minutes or until lightly browned. Transfer to a wire rack to cool.

Makes about 20 biscuits.

