

Rhubarb Recipes

As the weather turns warmer, grocery stores and farmers' markets bloom with rhubarb. This versatile member of the buckwheat family heralds the start of spring. Its signature tart flavor is generally sweetened and combined with other produce and fats. However, rhubarb also makes a stellar savory accent when pickled. These pink stalks are only available from late spring to early summer, so act fast. Select thinner and firmer stalks, as they are sweeter and less stringy. Read on to discover three top ways to enjoy rhubarb.

Pickling

The pickling process mellows rhubarb's signature tartness. There are quite a few variations, but keep it simple with water, apple cider vinegar, sugar and salt. Gather two 8-ounce or four 4-ounce resealable jars. Trim the leaves off a pound of the spring delight and chop the stalks before placing in the jars. Boil 1 ½ cups of water and ¾ cup of high-quality apple cider vinegar with 1 tablespoon of granulated sugar and a pinch of salt. Carefully pour the hot liquid in the jars and seal the lids. Allow the tangy and slightly sweet flavor to set by leaving the jars in the back of the fridge for at least 48 hours.

Blueberry-Rhubarb Jam

Indulging in rhubarb delights does not mean ruining your diet. This keto-friendly recipe pars down the sugar and carbs. Trim the leaves off two pounds of rhubarb. Five cups of sugar are traditionally used, but you can substitute artificial sugar. Place sugar in a bowl. Add ¾ cup of water, one 21-ounce can of blueberry filling and two 3-ounce packs of raspberry gelatin; sugar-free versions can be used here as well. Place the mixture in a 4- to 6-quart pot and bring to a boil. Reduce heat when bubbles appear and simmer for five minutes, stirring the entire time. Stir in the gelatin and boil for three more minutes. While the jam is still hot, ladle into half-pint freezer containers. Seal and allow to stand at room temperature overnight or until jam is set.

Pie

Experiment with a straight rhubarb pie with this easy recipe. Cut a few corners by using a ready-made pie crust. Measure ¾ cup of sugar, 1/3 cup of all-purpose flour, ½ teaspoon of cinnamon and 6 cups of sliced rhubarb. Preheat the oven to 375 degrees and mix all ingredients in a large bowl, stirring in the sliced pink stalks last. Ladle the filling into the pastry and cut slits in the top crust. Bake for 45 minutes and cool on a wire rack.

These delicious recipes were inspired by the April 1958 issue of Better Homes & Gardens magazine.