

**Tasting, Sampling and Sharing
with friends
RHUBARB FOOL**



Ingredients (Serves 4)

For the Rhubarb Compote

500g Rhubarb, trimmed and chopped
100g Sugar (or vanilla sugar)
(I used vanilla essence)
Juice of ½ an orange

For the Wafers

3 tbspn Icing sugar
1 tspn ground cinnamon
500g block puff pastry

For the flavoured yogurt

500 ml natural yogurt (I used low fat Greek yogurt)
Zest of 1 orange
1 heaped tbspn runny honey

Method

Place rhubarb, sugar and orange juice in a pan. Cover with a lid and bring to the boil then remove lid and simmer for a few more minutes until you have a thick compote consistency.

While the compote is stewing make the wafers. Sieve the icing sugar and cinnamon onto a clean surface. Cut 4 slices about 1cm thick of your pastry block and place them on the dusted surface. Pop the rest of the block in the fridge or freeze for another day. Roll out each slice to .05cm thick turning it over as you go so it gets covered in the icing sugar mixture. Cut into strips diagonally – you will end up with long triangular shapes.

Preheat a large non-stick frying pan and dry fry the pastry triangles in two batches on each side until golden brown. Leave to cool on a rack.

Mix the yogurt, orange zest and honey together. To serve, dollop a spoonful of yogurt into each serving glass, followed by a spoonful of rhubarb compote. Continue layering the yogurt and compote until the glass is full, then stick a puff pastry triangle wafer in the top. Alternatively layer up the compote, yogurt and pastry wafers on individual plates. Now tuck in!

Judith Walker 24th June 2014