

Rhubarb Recipes

Rhubarb Composition and Food Value

Rheum rhabarbarum, often referred to as pie plant or just rhubarb, is one of the first foods from the garden each year.

The stalk or stem is the part of the rhubarb plant that is eaten. Stewed rhubarb stalks are a good source of dietary fiber. They are a fair source of ascorbic acid and calcium and contain a small amount of vitamin A, thiamin, riboflavin, niacin and iron. A cup of sweetened rhubarb sauce has about 380 calories, no fat and 5 grams of dietary fiber.

The leaves of rhubarb are so high in oxalic acid that they are considered poisonous and should never be eaten. They are sometimes used for tanning hides, for cleaning aluminum, and for cleaning other metal containers.

Fresh cultivated rhubarb stalks or stems can be found in many grocery stores almost any time of the year now that “forcing” brings rhubarb to the markets even in winter. But it is still a spring favorite and can be ready to pick just a few weeks after the soil has warmed and is free of frost. Long before berries are ripe, rhubarb offers a tasty “fruit” for sauce, pie, pudding, punch, jam and jelly. Since it is easy to preserve, the surplus can be canned or frozen for winter use. Cultivated rhubarb grows well in our sub-arctic climate.

The plant commonly called wild rhubarb (*Polygonum alaskanum*) is a different species and genus but in the same family as the pie plant grows almost everywhere in Alaska. It is freely branching, 3 to 6 feet high, with thickening sheath covered joints. Stems are greenish; the numerous pointed leaves are 2 to 8 inches long with crimped edges. Flowers are small in large plume-like panicles. For further identification purposes see Alaska Cooperative Extension publication FNH-00028, “Wild Edible and Poisonous Plants of Alaska.”

The young green stems and green leaves of wild rhubarb are edible and taste like rhubarb. Some cooks have used wild rhubarb like pumpkin or applesauce, to make breads, cakes and dumplings.

Preparing Rhubarb

Water cultivated rhubarb plants well the night before picking. Pull the stalks gently from the sockets; do not cut them. Cut off the leaves; these can be put in a compost pile. Wash the stalks in clean water and scrub with a brush but do not peel them or cut the root end unless it is brown. Cut away any wormy or

woody parts. Throw away withered or woody stalks. Arrange the stalks parallel on a cutting board. Slice with a long-bladed, sharp knife as desired — 1-inch pieces for stewing, ½-inch lengths for pie, longer lengths for freezing.

One pound of rhubarb makes approximately 4 cups or 1 quart of cut-up rhubarb. This amount makes about 2 cups or 1 pint rhubarb sauce.

As a stewed fruit, rhubarb should have a delicate pink color, unless you have the green variety, and a clean, tart flavor, with just enough sugar added to make it palatable. The consistency may be “mushy” or, if the pieces are whole, they should be tender.

When cooking rhubarb, use only enameled, nonstick pots or stainless steel pots to avoid a possible metallic flavor. Store in glass containers.

Rhubarb’s flavor blends well with flavors of other fruits. Combining rhubarb with sweeter fruits may help to cut tartness of rhubarb without the need for large amounts of added table sugar. Rhubarb also serves as a good extender. If you do not have quite enough berries for a pie or a cobbler, for example, add a little rhubarb to make up the bulk. If the proportion of rhubarb is fairly small compared to the amount of berries used, the rhubarb will take on the flavor of the berries.

To keep a red or pink color, or to produce one in the case of green rhubarb, try adding a few lowbush cranberries (lingonberries) while heating the rhubarb.

Freezing and Canning Rhubarb

Freezing Rhubarb

Stalks or pieces — Choose firm, tender, well-colored stalks with good flavor and few fibers. Wash, trim and cut into 1- or 2-inch pieces or in lengths to fit the package. Heating rhubarb in boiling water for 1 minute; cooling promptly in cold water helps retain color and flavor.

Unsweetened pack — Pack either raw or preheated rhubarb tightly into containers without sugar. Leave headspace of ½ inch. Seal and freeze.

Syrup pack — Pack either raw or preheated rhubarb tightly into containers, cover with cold 40 percent syrup. 2¾ cups sugar to 4 cups of water makes 5⅓ cups of syrup. Allow ½ to ⅔ cup of syrup per pint of rhubarb. Leave head space of ½

inch for wide-top pint containers; 1 inch for wide-top quart containers. Seal and freeze.

Puree — Prepare rhubarb as for rhubarb stalks or pieces. Add 1 cup of water to 1½ quarts or 2 pounds rhubarb and boil 2 minutes. Cool and press through a sieve. With 1 quart or 2 pounds puree, mix ⅔ cup sugar. Pack into containers, leaving headspace of ½ inch for wide-top pint containers; 1 inch for wide-top quart containers. Seal and freeze.

Juice — Select as for rhubarb stalks or pieces. Wash, trim and cut into pieces 4 to 6 inches long. Add 1 quart water to 4 quarts or 5 pounds rhubarb and bring just to a boil. Press hot fruit in jelly bag to extract juice. Cool. Sweeten, if desired, using ½ cup sugar to a quart juice. Pour into containers, leaving a lead space of 1½ inches for narrow-top container. Seal and freeze.

Canning Rhubarb

Wash rhubarb and cut into ½ inch pieces. Add ½ cup sugar to each quart rhubarb and let stand to draw out juice. Bring to boiling. Pack rhubarb mixture into hot jars, leaving ½ inch headspace. Process pint jars and quart jars in boiling water bath for 15 minutes. **Note:** If you live at an altitude greater than 1,000 feet above sea level, this time may be insufficient. Consult your local Extension agent for recommended time for your altitude.

Rhubarb Sauce and Pudding

Thickened Rhubarb Pudding

- 1 quart rhubarb
- ½ cup water
- ½ cup flour or ¼ cup cornstarch
- ⅓ cup sugar

Stew the rhubarb and water for 5 minutes. Strain excess liquid briefly. Mix together the flour or cornstarch and sugar and add to the stewed rhubarb. Cook until thick and clear. Pour into pudding dishes. Sprinkle with sugar to keep the surface moist and free from skin. Chill and serve with cream.

Baked Rhubarb Sauce

- 1 quart cut up rhubarb
- 1 cup sugar

Place rhubarb and sugar in layers in glass or enameled baking dish. Cover and bake slowly for 40 minutes. The flavor can be varied by using grated orange rind or spices such as mace, nutmeg or cinnamon.

Rhubarb Sauce

- ½ cup water
- 1 quart rhubarb cut into ¾-inch cubes
- pinch salt (if desired)

- 1 cup sugar

Combine the rhubarb, sugar and water. Heat slowly until the sugar melts. Simmer 5 minutes or until tender. Yields about 2¼ cups. For variety add ¾ cup raisins to cut up rhubarb

Rhubarb Desserts

Rhubarb Crisp

- 4 cups diced rhubarb
- 1 teaspoon cinnamon
- ½ teaspoon salt (if desired)
- ⅓ cup butter
- 1½ cups sugar
- ⅔ cup flour

Place the diced rhubarb in a shallow 6-inch-by-10-inch pan. Sprinkle with cinnamon and salt. Melt the butter over low heat and add the sugar and flour until the mixture is like the consistency of cornmeal; pat over the rhubarb. Bake uncovered in 350°F oven until tender, 45 minutes to 1 hour. If the rhubarb is frozen, increase the baking time by about 20 minutes. Serve warm or at room temperature. Nice with vanilla ice cream or whipped cream.

Rhubarb Crunch

- 1 cup sifted flour
- ¾ cup uncooked oatmeal
- 1 cup brown sugar, firmly packed
- ½ cup melted butter
- 1 teaspoon cinnamon
- 4 cups diced rhubarb
- 1 cup sugar
- 2 teaspoon cornstarch
- 1 cup water
- 1 teaspoon vanilla

Mix the flour, oatmeal, brown sugar, butter and cinnamon until crumbly. Press half of the mixture into a 9-inch-square pan. Cover the crumb mixture with the diced rhubarb. In a saucepan, combine the sugar, cornstarch, water and vanilla; cook until thick and clear. Pour over rhubarb. Top with remaining crumbs and bake in a moderate oven at 350°F for 45 to 60 minutes. Serves warm as is or top with whipped cream.

Rhubarb Sauce Cake

- 1 cup sugar (use only ¾ cup if rhubarb sauce is sweetened)
- ½ cup shortening or butter
- 1 egg
- 2 cups rhubarb sauce
- 1 teaspoon vanilla
- 2 cup flour
- 1 teaspoon soda
- 1 teaspoon cinnamon

- ½ teaspoon nutmeg
- ½ teaspoon cloves
- ¼ teaspoon salt (if desired)
- 1 cup raisins or currants
- ½ cup chopped nuts

Cream together the sugar and shortening. Add the egg, rhubarb sauce and vanilla. Sift together the flour, soda, cinnamon, nutmeg, cloves and salt. Add to the creamed mixture. Stir in the raisins or currants and chopped nuts. Bake in a 9-inch-by-13-inch pan at 325°F for 35 to 40 minutes.

Rhubarb Cake

- ½ cup shortening or butter
- 1 cup brown sugar
- ½ cup sugar
- 1 egg
- 2 cups sifted flour
- 1 teaspoon soda
- ½ teaspoon salt (if desired)
- 1 cup buttermilk
- 1½ cups chopped rhubarb
- 1 teaspoon vanilla
- ½ cup white sugar
- 1 teaspoon cinnamon
- ½ cup chopped nuts

Cream together the shortening, brown sugar, ½ cup sugar and egg. Add the sifted flour, soda, salt, milk, rhubarb and vanilla. Pour into a 9-inch-by-13-inch pan. Top batter with mixture of ½ cup sugar, cinnamon and nuts. Bake at 325°F for 50 minutes.

Unbeatable Rhubarb Bars

- 1½ cups coarsely chopped rhubarb
- ½ cup firmly packed brown sugar
- ¼ cup water
- 1 teaspoon lemon juice
- 1 tablespoon cornstarch
- ½ cup flaked or shredded coconut
- 4 drops red food coloring, if using green rhubarb
- ½ cup sifted flour
- ½ teaspoon salt (if desired)
- ½ teaspoon soda
- ½ cup firmly packed brown sugar
- 1 cup uncooked oatmeal
- ½ cup melted butter or margarine

For filling, combine rhubarb, ½ cup brown sugar, water and lemon juice in saucepan. Cook over medium heat until tender, stirring frequently. Add cornstarch and cook, stirring, until thick. Cool.

For crumb base and topping, sift together flour, salt and soda into bowl. Stir in ½ cup brown sugar, oatmeal and coconut. Add butter or margarine, mixing until crumbly. Press half of

crumb mixture into greased 8-inch-square pan. Spread with filling. Cover with remaining crumb mixture, pressing lightly. Bake in preheated moderate oven, 350°F for 25 to 30 minutes. Cool and cut into bars. Makes 2 dozen 2½ x 1 inch bars (can be cut into fewer, larger pieces.)

Rhubarb Filling

for plain cake or cream puffs

- ½ cup cream or chilled evaporated milk OR 1 cup whipped topping
- 1 cup thick, sweet rhubarb sauce

Beat the cream, or use whipped topping. Fold in the sauce. This make enough filling for 12 cream puffs or a topping for 12 servings of cake.

Rhubarb Cake Pudding

- 2 cup sugar
- 6 tablespoon flour
- 2 tablespoon melted butter or margarine
- 1 cup milk
- ¼ teaspoon salt (if desired)
- 4 egg yolks, slightly beaten
- 2 cup cooked rhubarb
- 4 egg whites, beaten stiff

Cook rhubarb, without sugar, until tender; set aside to cool. Combine sugar and flour, mix well. Mix together the butter, milk and salt, and add to the flour-sugar mixture. Add 4 slightly beaten egg yolks and mix well. Add 2 cups cooked rhubarb. Fold in stiffly beaten egg whites. Bake in individual molds, or a 2-quart casserole dish set in a pan of water, at 325°F for 55 minutes or until firm. Pudding will be cake-like on top with custard fruit sauce on bottom.

Rhubarb Crumble Pudding

- 1½ cups flour
- ½ teaspoon salt (if desired)
- ¼ teaspoon cinnamon
- ½ cup sugar
- ⅓ cup butter or margarine
- 4 cups chopped rhubarb
- 1 tablespoon lemon juice
- 1 cup sugar
- pinch salt

Sift together the flour, salt, cinnamon and sugar. Cut in butter until the mixture is crumbly. Mix the cut up rhubarb with the lemon juice, sugar and pinch of salt. Spread half of flour mixture evenly over bottom of 8-inch-square pan. Press down firmly. Spread rhubarb over flour mixture. Place remaining flour mixture over rhubarb. Bake at 375°F for 45 to 50 minutes. Makes approximately 6 servings.

Rhubarb Cake II

2 cups diced rhubarb
½ cup sugar
½ cup shortening
1½ cup sugar
2 eggs, beaten lightly
2 cups flour
1 teaspoon soda
dash salt (if desired)
1 teaspoon cinnamon
1 cup sour milk
1 teaspoon vanilla

Mix the rhubarb and ½ cup sugar. Let stand. Cream the shortening and 1½ cups sugar; add the eggs. Sift together the flour, soda, salt and cinnamon. Mix together the milk and vanilla. Add the milk mixture alternately with the flour mixture to the egg mixture; then add the rhubarb and sugar mixture. Bake in a 9-inch-by-13-inch pan or an 8-inch-by-12-inch pan at 350°F for 40 minutes. Serve plain or with ice cream or whipped cream.

Glazed Rhubarb Turnabout

4 cups cut up rhubarb
1 cup sugar
pinch salt (if desired)
¾ cup hot water
1 cup flour
1½ teaspoon baking powder
½ teaspoon salt (if desired)
¼ cup shortening
1 egg, beaten
¼ cup milk

Put the rhubarb into a 1½ quart casserole, greased, Mix together the sugar, salt and hot water. Pour over the rhubarb and bake at 350°F for 25 minutes. Make a drop biscuit dough of flour, baking powder and salt sifted together. Cut in the shortening. Mix together the egg and milk and add to the flour mixture. Drop batter by spoonfuls on top of rhubarb. Bake at 400°F for 20 minutes more. Cool. Turn over on platter. Serve with cream or whipped topping.

Rhubarb or Rhubarb-Strawberry or Rhubarb Raspberry Roll

1 cup water
1 cup sugar (brown and/or white)
2 cups flour
½ teaspoon salt (if desired)
1 tablespoon sugar
2½ teaspoon baking powder
⅓ cup shortening or very cold butter
½ cup water or milk

2 cups rhubarb or half rhubarb and half berries
⅓ cup sugar
2 teaspoon cinnamon

Boil the 1 cup water and 1 cup sugar for 10 minutes. Set sugar syrup aside. Make a rich biscuit dough by sifting together the flour, salt, 1 tablespoon sugar, and baking powder. Work the shortening or cold butter into the flour with a fork or pastry cutter. Add ½ cup water or milk slowly, stirring lightly until the flour is moistened. Turn out onto a floured board; knead lightly 20 strokes. Roll out to a shape 15 inches by 8 inches. Spread with the rhubarb or rhubarb-berry combination. Sprinkle with sugar and cinnamon **. Roll up like a jelly roll and cut into 10 to 12 equal pieces. Pour the syrup into a glass baking dish 6 inches by 10 inches. Place cut sides down in hot syrup. Bake in a hot oven, 400°F, for 25 to 30 minutes. Serve plain or with cream.

**If strawberries are used, reduce sugar to ¼ cup.

Rhubarb Pies

Rhubarb Pie

2 eggs
1½ cups sugar
pinch salt (if desired)
2 tablespoon melted butter
2 tablespoon flour
2 cups finely cut rhubarb

Beat the two eggs. Add the sugar, salt, butter and flour. Mix in rhubarb and pour into an uncooked 9-inch pie crust. Top with a lattice crust. Bake at 400°F for 15 minutes; then at 350°F for 30 minutes.

Fresh Rhubarb Pie

2½ cups flour
¾ teaspoon salt
¾ cup shortening
½ cup cold water
3½ cups finely cut rhubarb*
2 tablespoons minute tapioca
1½ cups sugar
¼ teaspoon salt (if desired)

Sift together the flour and salt. Cut in shortening. Add cold water and knead dough together lightly. Roll out an ⅛ of an inch thick. This should make dough for a 9-inch two-crust pie. Mix together the rhubarb, tapioca, sugar and salt. Pour into the crust. Cover with the top crust; crimp edges. Bake in a 425°F for 10 minutes. Lower heat to 350°F and bake 40 minutes more until crust is brown.

*Strawberries can be used to replace half of the rhubarb. You may use your own pie crust recipe to make two 9-inch pie crusts.

Rhubarb Cream Chiffon Pie

- 3 ounces lemon flavored gelatin
- ¾ cup boiling water
- ⅓ cup sugar
- 1 tablespoon lemon juice (optional)
- 1 teaspoon grated lemon rind
- ½ cup heavy cream OR 1 cup whipped topping
- 2 cups sweetened cooked rhubarb

Dissolve lemon flavored gelatin in boiling water. Add sugar, lemon rind and lemon juice if desired. Chill until mixture starts to thicken. Whip the heavy cream until stiff, or use whipped topping. Fold cold sweetened cooked rhubarb into the whipped cream; then fold rhubarb-whipped cream into gelatin mixture. Spread in pie shell; chill until firm. Garnish with additional whipped cream or whipped topping if desired.

Either a corn flake crumb pie shell or a graham cracker crumb pie shell can be used.

Corn flake crumb pie shell: Blend ¼ cup soft butter or margarine and 2 tablespoons sugar. Stir in 1½ cups crushed corn flakes. Mix well. Press evenly and firmly around sides and bottom of 9-inch pie pan, and chill.

Graham cracker pie shell: Mix 1⅓ cup fine graham cracker crumbs, ¼ cups sugar and 6 tablespoons soft butter or margarine until crumbly. Press mixture in even layer on bottom and sides of well greased 9-inch pan. Build up crust rim around edge of pan. Chill well.

Rhubarb Custard Pie

- 4 cups finely cut rhubarb
- 1½ cups sugar
- 2 eggs, beaten
- ¼ teaspoon salt (if desired)
- 2 tablespoons flour

Line a 9-inch pie pan with pastry. Put in 4 cups finely cut rhubarb. Mix together the flour, sugar, eggs and salt. Pour over the rhubarb. Cover with a top crust and crimp edges. Bake at 425°F for 10 minutes. Lower temperature to 350°C and bake 45 minutes more.

Rhubarb Salads and Relishes

Rhubarb Salad

- 3 ounces cherry gelatin (1 package)
- 2 cups hot sweetened rhubarb sauce*
- 1 cup cold water
- 1 tablespoon lemon juice
- drop Tabasco sauce
- pinch salt (if desired)
- 2 tablespoons chopped raisins

- ¾ cup chopped celery

Dissolve cherry gelatin in 2 cups hot, sweetened rhubarb sauce. Add the cold water, lemon juice, Tabasco and salt. Chill until syrupy and add the chopped raisins and chopped celery. Chill and serve on lettuce.

*Directions for making Rhubarb Sauce on page 3.

Rhubarb Gelatin Salad

- 3 ounces lemon gelatin (1 package)
- 1 cup boiling water
- 1 cup rhubarb juice (cooked)*
- ¼ cup sugar
- 1 teaspoon vinegar
- 2 cup chopped vegetables (e.g., grated carrots, cooked peas, chopped cucumber, celery and chopped apple)
- 8 maraschino cherries, chopped(optional)

Dissolve the lemon gelatin in 1 cup boiling water. Cool and add rhubarb juice sweetened with sugar, vinegar, vegetables and maraschino cherries. Pour into molds and chill. Unmold on lettuce leaf and serve with mayonnaise.

*Directions for making rhubarb juice under section entitled "Rhubarb Punch and Beverages."

Rhubarb Onion Spicy Sauce

- 4 cups chopped rhubarb
- 2 cups cider vinegar
- 4 cups diced onion
- 1 teaspoon salt (if desired)
- ½ teaspoon pepper
- 1 teaspoon celery salt
- 1 teaspoon ground cloves
- 1 teaspoon cinnamon
- 5 cups brown sugar

Cook together the rhubarb and cider vinegar for 20 minutes. Add the rest of ingredients and simmer for 1 hour. Pour boiling hot into hot half pint jars, leaving ¼ inch headspace. Adjust caps. Process 15 minutes in boiling water bath. Yields 6 to 7 half pints.

Raw Rhubarb and Berry Relish

- 4 cups rhubarb
- 2 cups lingonberries or blueberries (Lingonberries make a more colorful relish.)
- sugar to taste

Cut up and grind the rhubarb and berries. The rhubarb and berries grind better if they are frozen. Combine and add as much sugar as pulp, about 4½ cups or sugar to taste. This can be stored in the refrigerator for several weeks or it can be frozen.

Variation: Wash and grind 1 orange, peeling and pulp. Remove the seeds and add.

The above relish could be added to lemon gelatin with some chopped celery for an interesting salad.

Rhubarb Punch and Beverages

To Extract Juice:

Add 1 cup water to 2 quarts cut up rhubarb. Simmer 5 minutes or until rhubarb is soft. Strain through a cheesecloth. This makes approximately 2 cups of juice.

Hot pack in jars: Pour simmering juice into hot, scalded jars, leaving ¼ inch of headspace; adjust lids. Process in a boiling water bath for 10 minutes for either pints or quarts. Remove jars.

Sweetened juice can also be canned. Add 1 cup sugar to 1 quart of juice. Heat juice to simmer and simmer until all the sugar is dissolved. Then can according to directions for unsweetened juice, above.

Variation: Substitute cranberry juice, currant juice or raspberry juice for one quarter of juice.

Rhubarb Lime Punch

Add juice of 3 or 4 limes to 1 quart of rhubarb juice.

Rhubarb Mint Punch

- 1 cup hot, strong tea
- 6 tablespoons lemon juice
- ¾ cup sugar
- 1 small bunch mint leaves OR 1 tablespoon dried mint leaves
- 2 cups rhubarb juice
- 1 stick cinnamon
- 1 quart cracked ice
- 1 orange, sliced very thin
- 1 quart ginger ale
- 1 pint carbonated water

Make the cup of hot, strong tea. Add the lemon juice, sugar, mint leaves, rhubarb juice and cinnamon stick. Chill and then remove the cinnamon. Add the ice, orange, ginger ale and carbonated water.

Rhubarb Conserve, Jams and Jellies

Rhubarb Conserve

- 6 cups rhubarb, cut fine
- 1½ oranges, with peels, cut fine
- 1 cup dates, cut up
- 1 cup raisins
- ½ teaspoon salt (if desired)

- ¼ cup water
- 5 cup sugar
- ½ cup chopped walnuts

Combine and cook until tender the rhubarb, oranges, dates, raisins, salt and water. Then add sugar and cook the mixture until thick. Add the nuts. Pour boiling hot into hot jars, leaving ¼ inch headspace. Adjust the caps. Process for 15 minutes in boiling water bath. Yields 6 half pints.

Rhubarb Berry Conserve

- 2 cups rhubarb, cut fine
- 1 cup seeded raisins
- 2 oranges, pulp and grated rind
- 3 cups sugar
- 4 cups whole strawberries, raspberries, blackberries or other type berries
- ½ cup chopped walnuts

Combine the rhubarb, raisins, orange rind and pulp and sugar. Refrigerate overnight. Add the berries and simmer until thick. Add walnuts. Pour boiling hot into hot jars, leaving ¼ inch headspace. Adjust caps. Process 15 minutes in boiling water bath. Yields 6 half pints.

Apricot Rhubarb Conserve

- 8 ounces dried apricots, finely chopped
- 4 cups rhubarb cut in ½-inch pieces
- ½ orange, pulp and rind, cut in small pieces
- ½ lemon, pulp and rind, cut in small pieces
- 6 cups sugar
- ½ cup chopped nuts

Soak the dried apricots overnight in enough water to cover. Combine the cut up rhubarb, orange and lemon. Measure the volume of the combined fruit and add an equal volume of sugar, about 6 cups. Cook until thick, about 30 minutes, or until mixture reaches 220°F, stirring frequently to prevent sticking. Add nutmeats if desired. Pour boiling hot into hot jars, leaving ¼ inch headspace. Adjust caps. Process 15 minutes in boiling water bath. Yields 7 half pints.

Rhubarb Pineapple Conserve

- 1 quart rhubarb cut in 1-inch pieces
- 1 cup crushed, drained pineapple (unsweetened)
- 1 peeled orange, sliced thin
- grated rind of 1 orange (grate rind before cutting orange)
- 4 cups sugar
- juice of ½ lemon

Mix rhubarb with pineapple, orange, orange rind, sugar and lemon juice. Cook, stirring frequently, until liquid is clear. Pour boiling hot into hot jars leaving ¼ inch headspace. Adjust caps. Process 15 minutes in boiling water bath. Yields 6 half pints.

Rhubarb Jam

16 cups rhubarb, cut fine
6¾ cups sugar
2 lemons, juice and grated rind

Mix rhubarb, sugar and lemon juice and rind. Let stand overnight in refrigerator. Boil mixture 30 minutes or until temperature reaches 220°F. Pour boiling hot into hot jars, leaving ¼ inch headspace. Adjust caps. Process 10 minutes in boiling water bath. Yields 5 pints.

Easy Rhubarb Jam

5 cups rhubarb
3 cups sugar
3 ounces package strawberry-flavored gelatin

Combine rhubarb and sugar and let stand one hour. Boil until tender, 3 to 5 minutes. Add the strawberry flavored gelatin and stir until dissolved. Let cool. Pour into freezer containers for storing in freezer or jars for storing in refrigerator. Leave ½ inch headspace. Jam should not be stored in the refrigerator for more than 2 weeks. Yields 2 pints.

Apple Rhubarb Marmalade

3½ cups sugar
5 cups rhubarb, cut fine
5 cups apples, sliced thin

Place alternate layers of sugar and rhubarb in a glass bowl. Let stand overnight. In the morning, add the peeled apples and simmer in a nonreactive pot 1½ to 2 hours. Pour boiling hot into hot jars, leaving ¼ inch headspace. Adjust caps. Process 15 minutes in boiling water bath. Yields 6 half pints.

Rhubarb Mint Jelly

4 cups rhubarb
1 cups fresh mint leaves OR ¼ cup dried mint leaves
1½ cups water
¼ teaspoon green food coloring (optional)
3 tablespoon powdered pectin
3¼ cups sugar

Select and use only the green of rhubarb stalks, as the pink makes the jelly cloudy. Cut up and put through food grinder about 4 cups rhubarb. Strain and squeeze the juice through several layers of cheesecloth. This should make about 1 cup juice.

Wash mint. Put in a saucepan and crush to make 1 cup mint leaves, or use ¼ cup dried mint leaves. Add 1½ cups water and bring to a boil. Boil for 1 minute, remove from heat. Cover and let stand for 10 minutes. Strain and squeeze juice through several layers of cheesecloth.

Strain, combine and bring to a boil the rhubarb juice, mint juice and green food coloring. If a lighter color is desired, adjust amount of food coloring. Add the powdered pectin and boil for ½ minute. Add the sugar and bring to a rapid boil. Boil for ½ minute and pour into hot, sterilized jars, leaving ¼ inch headspace. Adjust caps. Process 5 minutes in a boiling water bath. Yields 3 half pints. Good served with lamb.

Rhubarb Strawberry Jelly

1 quart rhubarb, cut very fine
2 quarts ripe strawberries
6 cups sugar
6 ounces commercial pectin

Cut rhubarb very fine. Remove leaves and chop strawberries very finely and crush to release juice. Combine and bring to a boil. Squeeze juice through jelly bag. Use 3½ cups juice. Combine with sugar and bring to a boil. Add 1 bottle pectin and boil 1 minute. Remove from heat and skim. Pour into hot, sterilized jars, leaving ¼ inch headspace. Adjust caps. Process 5 minutes in a boiling water bath. Yields 6 to 7 half pints.

Rhubarb Jelly, Pink

3 pounds red rhubarb
7 cups sugar
6 ounces liquid pectin
red food coloring if desired

Cut up red rhubarb stalks and put through food grinder. Put in jelly bag or line a colander with several layers of cheesecloth. Measure and combine in a large sauce pan 3½ cups rhubarb juice and 7 cups sugar. (If green rhubarb is used, add red food coloring until the juice turns almost a brown color; when the sugar is added and jelly made, it will be a pretty pink.) Bring to a rapid boil and add liquid pectin. Bring to a boil and boil hard for ½ minute. Remove from heat, skim foam and pour into hot, sterilized jars leaving ¼ inch headspace. Adjust caps. Process for 5 minutes in a boiling water bath. Yields 7 to 8 half pints.

Rhubarb Syrup

3 pounds red rhubarb
7 cups sugar
1 tablespoon liquid pectin
red food coloring if desired

Cut up red rhubarb stalks and put through food grinder. Put in jelly bag or line a colander with several layers of cheesecloth. Measure and combine in a large sauce pan 3½ cups rhubarb juice and 7 cups sugar. (If green rhubarb is used, add red food coloring until the juice turns almost a brown color; when the sugar is added and syrup made, it will be a pretty pink.) Bring to a rapid boil and add liquid pectin. Bring to a boil and boil

hard for ½ minute. Remove from heat, skim and pour into hot sterilized jars leaving ¼ inch headspace. Adjust screwband lids. Process for 5 minutes in a boiling water bath.

Dried Rhubarb

Rhubarb Leather

Wash and cut into small pieces about 1 quart of rhubarb. Put ¼ cup water in a saucepan and add rhubarb. Cook only until rhubarb starts to soften. Let cool slightly; put in blender and make into puree. It should make about 2 cups puree. Add 1½ tablespoons of honey per cup of puree.

Line a cookie sheet, 12 inches by 17 inches, with plastic wrap. Spread puree evenly over the plastic about ¼ to ⅛ inch thick, but do not push it completely to the sides. Leave a bit of plastic showing for easy removal.

Puree may be dried in an oven at 140° to 150°F or in a home dehydrator. It will take about 6 to 8 hours to dry, but could take longer, depending on humidity, variations among different ovens and dehydrators, and upon the amount of sugar in the puree. More sugar — longer drying time.

Note: Use half strawberries, half rhubarb. If you do not have fresh strawberries, use the frozen type. Because sugar may be added to the commercially frozen strawberries, no further sweetener may be needed.

Dried Rhubarb Snacks

Combine 1 cup sugar, 1 cup light corn syrup and 2 cups water in a pan. Bring to a boil. Add 1 pound (approximately 4 cups) of cleaned and cut rhubarb and simmer 10 minutes. Remove from heat and let fruit stand in hot syrup for 30 minutes. Lift fruit out of syrup with a slotted spoon, and place in a colander or on a plastic mesh screen to drain. Place drained fruit on a dehydrator tray, or on a rack placed on a cookie sheet for oven drying. Place in a 140°F oven, if oven drying; be sure to follow manufacturer's directions if using a home dehydrator. Drying time may range from 6 hours to 2 days, depending on local temperature and humidity.

Honey may be substituted for some of the corn syrup. Try different sweetener combinations and amounts to make the product that you like best. In addition to adding sweetness to the dried fruit, (rhubarb is tart) the sugar, corn syrup or honey helps to retain color and makes the dried fruit snack more chewy and moist feeling than if the fruit were dried without the sweetener.

www.uaf.edu/ces or 1-877-520-5211

Leslie Shallcross, Extension Faculty, Health, Home and Family Development. Originally prepared by Lydia Fohn-Hansen, former Home Demonstration Leader.

In accordance with Federal law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, disability, and reprisal or retaliation for prior civil rights activity. (Not all prohibited bases apply to all programs.) Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotope, and American Sign Language) should contact the responsible State or local Agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339. To file a program discrimination complaint, a complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form, which can be obtained online at <https://www.ocio.usda.gov/document/ad-3027>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by: (1) Mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410; or (2) Fax: (833) 256-1665 or (202) 690-7442; or (3) Email: program.intake@usda.gov. This institution is an equal opportunity provider.



Published by the University of Alaska Fairbanks Cooperative Extension Service in cooperation with the United States Department of Agriculture. The University of Alaska is an Affirmative Action/Equal Opportunity employer, educational institution and provider and prohibits illegal discrimination against any individual: www.alaska.edu/nondiscrimination.

©2023 University of Alaska Fairbanks.

08-78/LH/04-23

Revised March 2023