Fruit, GF, Sauce

Roasted Rhubarb

Internet address: https://www.southernliving.com/roasted-rhubarb-11690143
Alana Al-Hatlani



1 medium orange
2/3 cup granulated sugar
3 star anise
1 cinnamon stick (2 1/2-in.)
1 pound rhubarb, fresh stalks, trimmed and cut diagonally into 1 1/2-in. pieces
Yield: 6 servings

Per Serving (excluding unknown items): 117 Calories; trace Fat (2.5% calories from fat); 1g Protein; 29g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 3mg Sodium; 25g Total Sugars; 0mcg Vitamin D; 85mg Calcium; 1mg Iron; 275mg Potassium; 19mg Phosphorus. Exchanges: .

Carolyn T's Blog: tastingspoons.com

Servings: 6

Start to Finish Time: 1 hour

NOTE: If the rhubarb you have is wide and thick, cut in half lengthwise before slicing, to make the cut rhubarb pieces more uniform size. Do not use a metal pan for rhubarb - use glass or ceramic only. Metals will react with the rhubarb, turning it brown and possibly staining the pan.

1. Gather all ingredients. Preheat oven to 400°F.
2. Using a Y-shaped vegetable peeler, peel orange into wide strips. Place sugar in a medium bowl. Using your fingers, rub orange peel strips, star anise, and cinnamon into sugar until fragrant and sugar feels moist. Arrange rhubarb snugly in a single layer in a 13- x 9-inch baking dish. Sprinkle sugar mixture evenly over top.
3. Cover tightly with aluminum foil, ensuring that foil does not touch rhubarb.
4. Bake, covered, in preheated oven until sugar is partially dissolved, 12 to 15 minutes. Uncover and stir mixture gently; return baking dish to oven, and continue baking at 400°F until rhubarb is tender but still holds its shape, about 5-10 more minutes. If the rhubarb you bought is particularly thick it might take a longer time. Use a sharp knife to insert into the rhubarb to determine if it's tender.
5. Let cool slightly in baking dish, about 30 minutes. Serve warm, or transfer rhubarb and juices to an airtight container, and let cool completely in refrigerator, at least 2 hours or up to 3 days.