



# Rhubarb Fool

## Ingredients

- 1 pound rhubarb, trimmed and cut into 1-inch chunks
- 1/3 cup brown sugar (substitute white (granulated) sugar if preferred)
- Zest and juice of 1 orange
- 1/2 tablespoon lightly crushed coriander seeds (optional)
- 10 ounces whipping cream
- 1/3 cup granulated sugar
- 1 teaspoon vanilla extract

## Method

Combine the rhubarb, brown sugar, orange zest and juice, and coriander seeds (if using) in a saucepan over medium-low heat. Allow the rhubarb to just barely cook and soften; don't overcook it so that it becomes stringy and mushy. Transfer it to a clean container and set it aside to cool thoroughly, preferably overnight, in the refrigerator.

Whip the cream until it holds a medium peak-- not too soft because when the rhubarb gets mixed in, the mixture will get softer, not too stiff or the rhubarb won't fold in evenly. Add in the 1/3 cup granulated sugar and vanilla.

Fold in the thoroughly chilled rhubarb and serve. Orange flower water wafers are a nice accompaniment to the fool. Serves 4. The rhubarb can be cooked 2-3 days in advance and folded into the freshly whipped cream just before serving.