

RHUBARB AND GINGER FOOL



Prep: 5 mins



Cooking: 20 mins



Serves: 4

SUITABLE FOR IDDSI LEVELS 4, 5 & 6



Vegetarian

Gluten-free



Small
saucepan



Whisk



Glass for
presentation



Fine grater

Ingredients shown in image are for decorative purposes only. All food must be modified for the correct IDDSI Level.

INGREDIENTS

Filling:



400g tinned **rhubarb**, drained



550ml **whole milk**



4 tablespoons **custard powder**



30g **granulated** or **caster sugar**



1 inch **fresh ginger**, peeled

Allergens: milk. Custard powder may contain wheat (gluten) and/or egg.



Dairy recipe

METHOD



Blend the rhubarb until smooth and spoon evenly into the bottom of the glasses, or a bowl works just as well.



Place 1 tablespoon of the milk in a cup and add the custard powder to form a paste, mix well to ensure no lumps.



Heat the remainder of the milk in a saucepan on a medium heat.



Once the milk is nearly boiling, add the dissolved custard paste and whisk.



Cook gently for 10 minutes then add the sugar, stirring until dissolved.



Take the custard off the heat and allow to cool slightly before grating in the ginger – stir well.



Pour the custard on top of the rhubarb and place in the fridge until set.

TOP TIPS:



Mix up your tinned fruits for variety; apples, pears and black cherries work well.



Add a tablespoon of butter while heating the custard to prevent a skin forming and to give a great sheen.