



Posted on 26 June 2014

by Liz Robb

Rhubarb and Ginger Syllabub



Ingredients

500g rhubarb
80g brown sugar
1 teaspoon of ground ginger
300ml double cream
150 ml thick Greek yoghurt
2-3 teaspoons of icing sugar
1 lemon
Glace ginger

Preparation

1. Wash, top and tail the rhubarb, then cut it into even sized pieces of about 1 cm. Put the rhubarb, brown sugar and ground ginger together with 2 teaspoons of cold water into a saucepan, then cook over a low heat, stirring frequently but very gently so that the pieces retain their shape. Cook for 10 minutes or until the rhubarb is tender. Turn off the heat, put the rhubarb into a bowl and leave in the fridge to chill.
2. Pour the double cream into a bowl and whisk until it reaches the stage of stiff peaks. Add the Greek yoghurt and icing sugar and fold in gently. Sprinkle in the juice of the lemon, taking care not to add too much making the mixture too sloppy, and, again, fold it in gently. Put into the fridge to chill.
3. Take the rhubarb out of the fridge
4. it shouldn't be too wet, but if it is just spoon away a little of the juice. Into a separate small bowl, reserve a few pieces of rhubarb and a little juice to put on top of each dessert. Divide the rhubarb evenly between the 4 dessert bowls or glasses. Then take the creamy syllabub mixture and place it on top of the rhubarb. Put the reserved rhubarb in the centre on the top, then sprinkle a little glace ginger onto each dessert. Chill for about 30 minutes before serving.

Cooks Note

Variations:

Syllabub is traditionally made with all cream, or a combination of milk and cream, but I think that the addition of yoghurt makes a lighter dessert. Or you could use mascarpone for a rich tasting syllabub.

Try using your own favourite fruits instead of rhubarb; raspberries, strawberries and peaches, for example, all taste lovely with syllabub.

If you have a really sweet tooth, try sweetening with honey rather than sugar.

Rhubarb also goes really well with the flavour of orange; replace the ground ginger with orange juice, and top the syllabub with orange zest.