

Eat well with The Headingley Greengrocer
No. 8

Rhubarb fool and ginger shortbread



Rhubarb fool

450g/1 lb rhubarb
125g/ 4 oz caster sugar
150ml/¼ pint cold custard
150ml/¼ pint whipping cream

1. Put the rhubarb in a pan with the sugar, cover and cook for 10 minutes until the fruit is soft.
2. Cool then puree in a blender if needed.
3. Beat the custard into the fruit puree and cool. Whip the cream into soft peaks. Fold into the puree.
4. Spoon into individual glasses and chill until required.

Use blackberries, raspberries, strawberries or gooseberries instead if preferred.

Ginger shortbread - makes 30 thin biscuits

100g/3 oz fine semolina
200g/6 oz butter, at room temperature
100g/3 oz caster sugar
200g/6 oz sifted plain flour
1 -2 heaped teaspoons ground ginger
25g/ 1 oz finely chopped glace ginger

1. pre heat the oven to Gas 2/ 300 F/ 150C.
2. Beat the butter in a bowl until soft, then beat in the sugar, followed by the flour, ground ginger and semolina. Add the glace ginger. Work the ingredients with a wooden spoon and then when they are all mixed together, finish off with your hands until you have a large, smooth piece of dough and the sides of the bowl are clean.
3. Transfer onto a floured surface and roll out half of the mixture to approximately 1/8 inch thick. Cut into rounds using a 5cm (2 inch cutter). Put onto the greased tray and bake for 15-20 mins until pale gold. Cool on a baking tray and sprinkle with sugar when cold. Store in an airtight tin.

Enjoy! All the ingredients can be found at the Headingley Greengrocer and at our sister shop opposite, the Natural Food Store.

<https://theheadingleygreengrocer.co.uk/>



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Produced by Sarah Freeman for the Headingley Greengrocer