

Available Now...

Rhubarb

As farmers' markets in Colorado begin to open, an early season crop to look for is rhubarb.



Fun Facts

Although used as a fruit in pies, rhubarb is actually classified as a vegetable. Rhubarb's sour stalks contain vitamin C, dietary fiber and calcium and are low in sodium.

Fresh Inspirations...

Rhubarb Pecan Bread Pudding

Ingredients

10 Slices Brioche Bread, cubed
1-1/2 Cups Heavy Cream
1 Cup Dark Brown Sugar, packed
2 Tbsp. Cinnamon
6 Eggs
1/4 Tsp. Sea Salt
1 Tbsp. Vanilla Extract
2-1/2 Cups Rhubarb, diced
1/2 Cup Pecans, toasted and chopped

For Whipped Cream:
2 Cups Heavy Whipping Cream
2 Tbsp. Powdered Sugar
1 Tsp. Vanilla Extract

Directions

If using fresh rhubarb, be sure to peel and prepare prior to use. Preheat oven to 375 degrees. Spray and flour a 9x13 heavy weight cake pan. Cube the bread, mix with the pecans and set aside. In a separate bowl mix the eggs, sugar, salt, cream, vanilla and cinnamon. Mix well to ensure the cream and eggs are incorporated. Add the rhubarb to the bread and pecans and mix well. Pour the egg and cream mixture over the bread mixture and using your hands mix well until all bread is soaked. Place this mixture into the cake pan and press into the pan. Cover with foil and bake at 375 degrees until a wood skewer or toothpick comes out clean, approximately 1 hour. Remove the foil during the last 10 minutes of baking to brown the top of the bread pudding. Should the pudding start to darken too fast, cover with foil to avoid burning. Cool in the pan for 5 minutes before cutting. Cut the bread pudding and serve warm with fresh whipped cream. For the whipped cream: Using a hand mixer or whisk, whip the cream until medium peaks, add the powdered sugar and vanilla and stir to combine.

Provided by Chef Jason K. Morse, CEC, Executive Chef, Douglas County School District



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Next Month... ColoradoLettuce