

The Cherry and the Rhubarb

May's Discoveries



The cherry...

- ...is a source of vitamin A, vitamin C and iron.
- Contains a high concentration of antioxidants (especially the tart cherry) that may reduce the risks of developing cardiovascular diseases, certain types of cancer and other chronic diseases.

Purchase

Choose plump, fresh cherries with a shiny skin and preferably still attached to their tails. Avoid hard and matte-coloured cherries.

Preservation

This fruit can be store up to 1 week in the refrigerator. It is suggested to keep cherries away from food with a strong aroma, because they absorb odors easily and their taste could be affected. Cherries can also be frozen whole or pitted in an airtight freezer bag.

Preparation

Remove cherries from the refrigerator about 30 minutes prior to serving. Wash them at the last minute so they do not deteriorate.

How to use cherries?

Cherries can be eaten fresh, cooked, frozen, candied or dry. They pair well with different foods and dishes as salad, poultry, dessert, jam, salad dressing, snack, stuffing, salsa, etc. They can also be used to make wine.

Recipe

Cherry clafoutis

Ingredients

2 cups	Pitted cherries	500 ml
4	Eggs	
½ cup	Whole wheat	125 ml
1 cup	Milk	250 ml
¼ cup	Sugar	60 ml
1 tsp	Vanilla	5 ml

Preparation

- Preheat oven at 350°F (175°C).
- Pour the cherries in a 9 po (23 cm) pie plate.
- In another bowl, whisk all the other ingredients. Pour the mix over the cherries. Cook for 35 to 40 minutes or until golden.
- Let cool and serve

(recipe from PasseportSanté.Net)

Servings: 8

Warning

- Warning: Rhubarb contains a high amount of vitamin K, which plays an important role in the process of blood clotting. People who take blood thinner medication (ex: Coumadin®) should follow a diet with a consistent dose of vitamin K. Those individuals are strongly advised to consult a dietitian or a physician to learn about sources of vitamin K and the ways to assure a healthy intake.
- Rhubarb is not recommended for individuals at risk of developing kidney stones (oxalate free diet).

The rhubarb...

- ...is an excellent source of vitamin K and a good source of calcium if frozen and cooked.
- Is an important source of fiber.
- Contains many components showing antioxidant activity.

Purchase

Choose rhubarb with a firm stalk.

Preservation

Rhubarb will keep up to 1 or 2 weeks in the refrigerator if it is store in a plastic bag. It can also be frozen as is, after being cut lengthwise or after being briefly blanched.

Preparation

- Soak rhubarb in cold water for about 1 hour before using it in order to strengthen the stems.
- Cut both ends. You can also peel the stem if it's too fibrous.

Did you know...

- ...rhubarb is usually prepared and consumed as a fruit but it is actually a vegetable.
- Because of its tangy flavor, rhubarb is usually prepared with a lot of sugar, which make it less interesting from a nutritional point of view. Instead, try it in savory dishes with meat or fish.
- It is recommended not to eat rhubarb leaves as they can be toxic.
- Cooking rhubarb in an aluminum, iron or copper pot can change its colour to an unappetizing brown.

Recipe

Rhubarb and Orange Compote

Ingredients

1.5 lbs	Fresh rhubarb, chopped	700g
1 medium	Orange	200g
1/3 cup	Sugar	80 ml
½ cup	Water	125 ml
Few pinches	Ground cinnamon	

Preparation

- Slice orange in small pieces, with the peel.
- Put all ingredients in a pot and bring to a boil. Reduce heat, put the lid on and cook for 25 to 30 minutes or until the texture is creamy.
- Let cool. Eat warm or cold.

(recipe from PasseportSanté.Net)

Servings: 6

