

RHUBARB COMPOTE WITH SILKEN TOFU

🍴 4 SERVINGS ⌚ 15 MINUTES

INGREDIENTS

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| 1 (16-ounce) package silken tofu | 3 stalks of rhubarb |
| 1 cup sugar | ½ blood orange, peeled and sliced into half-moons (optional) |
| 1 cup water | 2 strawberries, sliced into half-moons (optional) |
| 1 1-inch piece of fresh ginger, sliced into thick pieces | |

DIRECTIONS

1. Carefully remove silken tofu out of the package onto a plate. Using a clean kitchen linen or paper towels, lightly wrap the tofu block to absorb excess water. Let stand for 5 minutes up to overnight, occasionally wring the linen of excess water. remove end about paper towels
2. In a small pot over medium, bring sugar, water and ginger slices to a boil, about 7 minutes.
3. Trim the dry ends of the rhubarb stalks, halve lengthwise and slice into ¼-inch thick pieces. There should be about 2 cups.
4. Once the syrup is simmering, add rhubarb and good for 5 minutes or until soft. . Cooking time can take longer if the rhubarb is older. Remove from heat and let it the compote stand for 10 minutes.
5. Remove tofu from the towel and slice in 4 blocks. Place on a serving dish and garnish each with compote, syrup, and the orange and strawberry slices. The longer you soak the tofu in the compote, the more flavorful it will be!

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QUICK TIPS

- Rhubarb is rich in Vitamin K. Its red hue comes from anthocyanins which have been found to lower blood pressure and improve vision.
- Although rhubarb looks like a giant red celery stalk, it is actually part of the buckwheat family.
- Rhubarb can be eaten raw. It is crunchy and tart, so it is best to pair it with something sweet.

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