

Rhubarb Compote with Yogurt Cream and Yogurt Mousse

If you decide to make the cream or mousse, use a good vanilla bean because that adds to the flavor. The secret to my compote is to drain the rhubarb juice once it is cooked and reduced to a syrup. This adds richness and additional flavor to the compote. I recommend doubling the rhubarb recipe. It will last in the fridge for a week. One recipe makes about 3 cups of compote.

I used low-fat Greek yogurt that I buy at Costco, but you can use regular Greek yogurt to make it richer. Since I usually don't drink apple juice, I bought a package of individual containers you put in your kids' lunch boxes. You can eat the yogurt cream without any whipped cream, however, I think it needs some cream for a richer taste and to offset the tartness of the rhubarb.

Ingredients:

Rhubarb Compote

1½ lbs (750 g) rhubarb (about 4 cups)
¾ cup (175 g) sugar
¾ cup (150ml) apple juice

Yogurt Cream

1 full cup (250g) smooth Greek yogurt.
½ cup (50 g) powdered sugar
½ cup whipping cream
1 4-inch vanilla bean

Yogurt Mousse

1 full cup (250g) smooth Greek yogurt
1 6-inch vanilla bean
½ cup (250g) whipping cream
½ cup (50 g) powdered sugar
¼ -½ cup honey
¼ cup lemon juice
1 tsp lemon zest
1 package unflavored gelatin (I used Knox gelatin)

Directions:

Rhubarb compote:

Peel the rhubarb stalks and trim the ends. Cut the rhubarb into 1½-inch pieces (about 4 cups). In a large pot, bring the sugar and the apple juice to a boil, add the rhubarb in a single layer and simmer for 8-10 minutes until the pieces are soft, but not falling apart. Gently drain the rhubarb through a sieve and return the juice to the pot and cook until reduced to a syrup. Pour the syrup over the rhubarb and cool until you are ready to serve it. I added raspberries to my compote before serving it.

Yogurt cream:

Mix the the yogurt with the powdered sugar. Cut the vanilla bean in half lengthwise and scrape out all the seeds with a small knife into the yogurt mixture. Whip the cream and add to the mixture. Put the cream in a covered container and refrigerate it until you are ready to serve it. It will last for a couple of days.

The Yogurt Mousse

Mix the yogurt, powdered sugar and scraped out vanilla seeds. Whip the cream until stiff (your whip should hold the cream when turned upside down). Mix the lemon juice and honey in a bowl. Heat the mixture in the microwave until very hot. Sprinkle the gelatin over the hot mixture and mix until the gelatin is completely dissolved, then add to the yogurt mixture. Carefully incorporate the whipped cream into the yogurt cream. Scrape into a serving bowl and chill for at least four hours. This can easily be made ahead of time and will last for several days.

Recipe from a German Magazine
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