

Rhubarb and custard

Ingredients

For the custard ice cream

- 250ml/9fl oz whole milk
- 250ml/9fl oz double cream
- 2 vanilla pods, seeds scraped out
- 5 free-range egg yolks
- 130g/4½oz caster sugar

For the rhubarb compote

- 300g/10½oz rhubarb, trimmed and cut into batons
- 200g/7oz caster sugar, plus extra, to taste
- 1 orange, juice only
- 1 vanilla pod, split, seeds scraped out

For the sponge cake

- 200g/7oz unsalted butter, plus extra for greasing
- 180g/6oz self-raising flour, sieved, plus extra for dusting
- 4 free-range eggs
- 180g/6oz caster sugar
- 2 vanilla pods, split, seeds scraped out

For rhubarb and custard sweets

- 4 drops natural rhubarb essence
- 2 tbsp grenadine
- 4 drops vanilla extract
- 2 tbsp advocaat liqueur
- butter, for greasing
- 4 tbsp water
- 150g/5oz granulated sugar
- 150g/5oz liquid glucose (available from the baking section of some supermarkets)
- 4 tbsp icing sugar, mixed together with 4 tbsp cream of tartar

Preparation method

1. For the custard ice cream, place the milk, cream, vanilla pods and seeds into a pan and bring to the boil, then turn off the heat and remove the vanilla pod.
2. In a bowl, whisk together the egg yolks and sugar until pale and fluffy, then slowly pour the cream mixture into the bowl, whisking continually, until smooth and creamy.
3. Return the mixture to a clean pan and cook over a low heat, stirring frequently for 4-5 minutes, or until the custard is thick enough to coat

over 2 hours

preparation time

30 mins to 1 hour

cooking time

Serves 4

By Danny Millar

From Great British Menu

- the back of a spoon. Strain the custard through a fine sieve into a clean bowl, then place into the fridge until cooled completely.
4. Pour two-thirds of the chilled custard mixture into a commercial ice cream maker and churn according to the manufacturer's instructions. Transfer the ice cream to a freezer container and freeze until ready to serve. Reserve the remaining custard mixture and set aside.
 5. For the rhubarb compote, place the rhubarb batons into a pan with the sugar, orange juice and vanilla pod and seeds. Cook over a low heat for 5-6 minutes, or until softened. Remove and discard the vanilla pod, then add more sugar, to taste, if needed.
 6. Place one-third of the rhubarb compote mixture into food processor and blend until smooth. Set aside and reserve the remaining compote.
 7. Preheat the oven to 170C/340F/Gas 3.
 8. For the sponge, lightly butter and flour four 7.5cm/3in dariole moulds.
 9. Place the eggs, sugar and vanilla seeds into a bowl set over a pan of gently simmering water (make sure the bottom of the bowl doesn't touch the water surface). Using an electric whisk, mix for ten minutes, or until light and fluffy.
 10. Melt the butter in a pan, then gradually drizzle into the egg mixture, continuing to whisk until the butter is fully incorporated. Remove the bowl from the pan and fold in the sieved flour until smooth, taking care not to overwork the mixture.
 11. Place a spoonful of the reserved rhubarb compote into the bottom of each mould. Pour the sponge mixture on top of the compote until the mould is two-thirds full. Place the moulds into a deep roasting tray and pour enough boiling water into the tray to come halfway up the moulds. Cover the tray with aluminium foil, then bake in the oven for 10-12 minutes, or until the sponge is risen and cooked through. Set aside to cool.
 12. For the rhubarb and custard sweets, mix together the rhubarb essence and grenadine in a heat-proof bowl, then mix together the vanilla extract and advocaat liqueur in another heat-proof bowl. Grease two baking trays and set aside.
 13. Place the water, sugar and liquid glucose into a heavy-based pan and boil until the temperature reaches 140C/275F (check using a sugar thermometer).
 14. Carefully pour half of the hot sugar mixture into the rhubarb and grenadine mixture and stir gently, then pour the other half into the vanilla and advocaat mixture and stir gently.
 15. Pour each mixture onto a separate greased tray and allow to cool. When the mixture is cool enough to handle but still pliable, fold each mixture onto itself repeatedly in a concertina fashion with a large palette knife. Then, twist the two sweet mixtures together and cut into small bite-sized pieces and set aside to cool. When cooled, roll in icing sugar and cream of tartar mixture.

- 16. To serve, smear a spoonful of the rhubarb purée across each of four serving plates and turn the sponge and rhubarb compote carefully out on top of the rhubarb purée. Place a scoop of custard ice cream next to the sponge. Drizzle the reserved custard over the sponge. Serve the sweets in a separate box or serving bowl with the dessert.**