



Rhubarb Compote

Yield: 2 ½ cups

Preparation Time: About 15 minutes

Cooking Time: About 15 minutes

Ingredients:	Equipment:
<ul style="list-style-type: none">• 8 – 10 rhubarb stalks, leaves removed• 1/3 cup (75 ml) honey• 1 orange, zested• 1 large orange, juiced (or 2 small oranges)• 1 tsp. (5 ml) vanilla	<ul style="list-style-type: none">• medium-sized pot with lid• cutting board• sharp paring knife• micro-plane• reamer or juicer• measuring cups and spoons• heatproof spatula

Method:

1. Remove the tops and bottoms of the **rhubarb** stalks. Pop in compost.
2. Place the rhubarb stalks flat side down. Cut into thumb-sized slices (about 2 cm slices).
3. Place cut rhubarb into pot.
4. Add 1/3 cup **honey** to the pot.
5. Use a micro-plane and remove the **zest from an orange**. Add to the pot.
6. Cut **orange** in half. Juice the orange right into the pot. Don't forget the pulp but remove the seeds.
7. Turn stovetop to medium-low heat and cover pot. Cook over medium-low heat, stirring every few minutes. If pot looks a little dry, add ¼ cup water.
8. Cook until rhubarb is broken down, soft and it smells divine.
9. Turn off heat. Add 1 teaspoon **vanilla**. Stir in.
10. Serve on top of yogurt, pancakes, French toast or all by itself. This will keep in the fridge for up to 5 days.