

Sweet Cicely and rhubarb conserve

You need

- 15-7 medium stems of rhubarb
- 5 cm piece of ginger
- good handful of sweet cicely leaves and stems
- 25g sugar/honey

Notes

I love to eat this on top of yogurt.

It will keep for a week in the fridge.

It also makes a great topping for ice cream.

Step 1

Slice up the rhubarb into 2 cm slices (approximately)

Peel and grate the ginger

Finely chop the sweet cicely

Put all the ingredients into pan with sugar/honey and thoroughly mix together.

Leave for ten minutes for the sugar to make the rhubarb release juice

Step 2

Put the pan on a low heat, and keep stirring.

Ideally you want the rhubarb to give off enough liquid and stew in its own juice - a careful slow cooking should do that.

If you are worried that it is all going to burn, you can add a small amount of water or orange juice to loosen it off (maximum 1 tablespoon).

After about 10-15 minutes the rhubarb should be beginning to go soft - take off heat and leave to cool.