



Rhubarb Fool

Fools are classic old-school British sweets that cooks could knock up quickly from what was on hand: cream, fruit (fresh or stewed) and sugar. Berries, especially gooseberries, are traditional – while strawberries, raspberries, damson plums and rhubarb are popular too.

Serves 4



INGREDIENTS

- 1½ cups rhubarb compote, plus optional extra for serving (about 375g/13oz)
- 2 teaspoons orange blossom water (10ml)
- 1 cup single cream (250ml)
- ¼ cup icing sugar (40g/1½oz)

METHOD

1. Combine rhubarb compote and orange blossom water.
2. Whip the cream until firm peaks form.
3. Reserve about 4 tablespoons (⅓ cup) of rhubarb compote for garnish, fold the rest lightly through the cream so it's not completely uniform.
4. Spoon into glasses.
5. Top with remaining rhubarb compote, swirling it lightly to mix with a little of the cream mixture.
6. Cover and refrigerate.
7. Serve with extra rhubarb compote on top if you like it more tart, or leave it plain for a sweeter finish.