

Foodnity Recipes

Candied Rhubarb Recipe – Simple Divine Treat

10 min Prep time	**20 min** Cook time	**30 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 1 lb rhubarb stalks, trimmed and cut into 1-inch pieces
- [ ] 1 cup granulated sugar
- [ ] 1/2 cup water
- [ ] 1 teaspoon vanilla extract
- [ ] Zest of 1 lemon
- [ ] Pinch of sea salt

Instructions

1. Combine sugar and water in a saucepan over medium heat, stirring until the sugar dissolves into a clear syrup.
2. Add the rhubarb pieces, bring to a gentle simmer, and let them cook for about 8-10 minutes, stirring occasionally, until they turn translucent and the syrup thickens.
3. Stir in vanilla, lemon zest, and a pinch of salt; remove from heat and let the mixture cool slightly.
4. Transfer the candied rhubarb onto a parchment-lined tray, spreading in a single layer, and let it cool completely to set the glaze.
5. Store the cooled candied rhubarb in an airtight jar with any remaining syrup; refrigerate for up to three weeks.

Nutrition per serving

120 kcal	1 g	30 g	0 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a deeper flavor, simmer a splash of balsamic vinegar with the syrup.
- Avoid overcrowding the pan; it can cause uneven cooking.
- For a festive twist, sprinkle toasted almond slivers before the candied rhubarb sets.