

Foodnity Recipes

Rhubarb Custard Trifle

Layered rhubarb, custard, and cake for a light, tangy dessert.

20 min Prep time	**15 min** Cook time	**35 min** Total time
6 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

For the Rhubarb Compote

- [ ] 4 cups rhubarb, trimmed and sliced
- [ ] 1/3 cup granulated sugar
- [ ] 1 tsp lemon zest
- [ ] 2 tbsp water

For the Custard

- [ ] 2 cups whole milk
- [ ] 4 egg yolks
- [ ] 1/3 cup sugar
- [ ] 1 vanilla bean, split (or 1 tsp vanilla extract)
- [ ] Pinch of salt

For the Assembly

- [ ] 2 cups sponge cake or ladyfingers, cubed
- [ ] Powdered sugar for dusting
- [ ] Fresh mint leaves (optional)

Instructions

1. In a saucepan, combine rhubarb, sugar, lemon zest, and water. Cook over medium heat, stirring occasionally, until the rhubarb is just tender and the liquid thickens, about 8-10 minutes. Set aside to cool.
2. While the rhubarb cools, whisk together milk, egg yolks, sugar, vanilla (seeds and pod), and a pinch of salt in a pot. Cook gently, stirring constantly, until the mixture coats the back of a spoon. Remove from heat, discard the vanilla pod, and transfer custard to a bowl. Press plastic wrap directly onto the surface and chill completely.
3. In a clear trifle bowl or individual glasses, start with a layer of cake cubes, then spoon over a generous portion of rhubarb compote, followed by a layer of chilled custard. Repeat layers, finishing with a dusting of powdered sugar and a few mint leaves.
4. Refrigerate the assembled trifle for at least 2 hours before serving so the flavors meld. Enjoy the gentle contrast of tart rhubarb and sweet custard with every spoonful.
5. If you'd like a deeper flavor, you can drizzle a little honey over the top just before serving – but keep it light, so the dish stays bright.

Nutrition per serving

280 kcal	6 g	42 g	8 g
Calories	Protein	Carbs	Fat

Tips & notes

- Cool the custard fully before adding it to the cake to prevent sogginess.
- Adjust sugar in the rhubarb compote based on the natural tartness of the stalks.
- For a gluten-free version, use a certified gluten-free sponge or almond flour cake.