

Foodnity Recipes

Rhubarb Turkish Delight Recipe

20 min Prep time	**30 min** Cook time	**50 min** Total time
4 Servings	**Easy** Difficulty	**Middle Eastern** Cuisine

Ingredients

Main Ingredients

- [ ] 2 lbs rhubarb, trimmed and cut into 1-inch pieces
- [ ] 1½ cups granulated sugar
- [ ] ½ cup water (for syrup)
- [ ] 2 tbsp lemon juice
- [ ] ¼ cup corn-starch mixed with ¼ cup cold water
- [ ] 1 tbsp rose water
- [ ] Powdered sugar for coating

Instructions

1. In a heavy saucepan, combine rhubarb, sugar, water, and lemon juice; bring to a gentle boil, then reduce heat and simmer until the rhubarb is soft and the mixture thickens, about 15-20 minutes.
2. Stir the cornstarch slurry into the simmering mixture, whisk constantly until the syrup becomes glossy and holds a thick, jelly-like consistency, another 5 minutes.
3. Remove from heat and fold in the rose water; let the mixture cool slightly, then pour into a parchment-lined 8-inch square pan, smoothing the top with a spatula.
4. Allow the delight to set at room temperature for at least 1 hour, then turn out onto a board, cut into bite-size cubes, and coat each cube generously with powdered sugar.
5. Store the coated cubes in an airtight container, layering parchment between layers to keep them dry and fresh.

Nutrition per serving

180 kcal	2 g	44 g	0 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the syrup looks watery, continue simmering a few minutes longer; it should coat the back of a spoon.
- For a deeper color, add a pinch of beet powder to the syrup before setting.
- Dusting can be done with a fine sieve to avoid clumps.