

Foodnity Recipes

Rhubarb Turkish Delight – Sweet Rose-Flavored Treat

15 min Prep time	**25 min** Cook time	**40 min** Total time
24 Servings	**Easy** Difficulty	**Turkish** Cuisine

Ingredients

Main Ingredients

- [ ] 1 pound fresh rhubarb, washed and diced
- [ ] 1 cup granulated sugar
- [ ] 1/2 cup powdered sugar (plus extra for dusting)
- [ ] 2 tablespoons cornstarch
- [ ] 2 teaspoons lemon juice
- [ ] 1 teaspoon rose water
- [ ] 1/2 teaspoon vanilla extract
- [ ] Pinch of salt

Instructions

1. In a medium saucepan, combine the diced rhubarb, granulated sugar, lemon juice, and a pinch of salt. Cook over medium heat, stirring occasionally, until the rhubarb softens and releases its juices, about 10 minutes.
2. In a small bowl, whisk the cornstarch with 2 tablespoons of cold water to make a slurry. Slowly pour the slurry into the simmering rhubarb mixture, stirring constantly to avoid lumps.
3. Continue to cook, stirring, until the mixture thickens to a glossy, custard-like consistency, about 5 more minutes. Remove from heat.
4. Stir in the vanilla extract and rose water, tasting to ensure the floral note is balanced. Pour the mixture into a greased 8-inch square pan, smoothing the top with a spatula.
5. Allow the candy to cool to room temperature, then refrigerate for at least 2 hours. Once set, dust a large plate with powdered sugar, turn the candy out, and cut into 24 squares. Dust each piece lightly with additional powdered sugar before serving.

Nutrition per serving

210 kcal	2 g	55 g	0 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the mixture seems too thick, add a splash of water and stir gently.
- For an extra floral hint, sprinkle a pinch of dried rose petals on top before dusting.
- A warm knife helps achieve clean cuts without sticking.