Rhubarb and Ginger Yogurt Bowls

2 cold yogurt bowls, each with half the rhubarb compote and 10 g/1/3 oz granola | Active 22 min | Cook 8 min | Total 130 min (cold service)

Ingredients

• 250 g prepared fresh edible rhubarb stalks (9 oz), washed, leaf blades removed and discarded, stalks cut into 1 cm/3/8 in pieces

• 5 g peeled fresh ginger (about 2 tsp finely grated)

• 35 g granulated sugar (about 2 tbsp plus 2 1/2 tsp)

• 30 ml water (2 tbsp)

• 200 g plain pasteurized-milk yogurt (about 3/4 cup plus 1 tbsp), kept refrigerated

• 20 g commercially ready-to-eat plain oat granola (3/4 oz), divided into two 10 g portions; not raw oats

Set out

1000 W microwave with turntable, Kitchen scale and measuring jug, Spoon, Fork or small whisk, Oven mitts, Food thermometer used outside the microwave, Microwave-safe bowl, at least 1.5 L/about 1 2/3 US qt usable capacity, Microwave-safe vented cover, Knife and board, Fine grater, Shallow food-safe cooling container, usable base at least 15 ×10 cm/about 6 ×4 in, Two dessert bowls, each at least 350 ml/about 1 1/2 US cups capacity, Refrigerator at 40°F/4°C or below

Allergens

Milk, Oats. Check labels and substitutions.

Make it

1. Put the prepared rhubarb stalks, grated ginger, sugar and 30 ml water in the 1.5 L bowl. Cover with a vent and microwave at 1000 W full power for 4 minutes. Stir from the bottom, then heat 2-4 minutes more, stirring once, until all the stalk pieces are soft and the juices are bubbling. Mash lightly with the spoon if you want a more even compote; retain all the juice.

2. Transfer the entire compote to the shallow cooling container in a layer about 2 cm/3/4 in deep or less. Let heavy steam escape for about 10 minutes, then cover and refrigerate promptly. Allow about 90 minutes until 40°F/4°C or below, extending if necessary. Do not leave it on the counter until cold.

3. Divide all 200 g cold yogurt between the two serving bowls, 100 g each. Add half the fully cold rhubarb compote to each, keeping the two colors lightly layered rather than heating or blending the dairy.

4. Add 10 g ready-to-eat granola to each bowl immediately before eating. Serve the two complete cold portions, with no extra fruit, nuts, syrup or ginger garnish.

Rhubarb and Ginger Yogurt Bowls

2 cold yogurt bowls, each with half the rhubarb compote and 10 g/1/3 oz granola | Active 22 min | Cook 8 min | Total 130 min (cold service)

Do not use the leaf blade

Only weighed edible stalks enter the compote. Rhubarb leaves are discarded before preparation.

No homemade granola step

The measured granola is commercially ready to eat. A packet of uncooked oats is not equivalent in texture or preparation.

Ingredient labels

Yogurt contains milk. Granola can contain wheat, barley, nuts, sesame, soy or milk; check its actual label and use a product suitable for the intended eater. The walnut variation adds walnuts rather than removing all grain cross-contact concerns.

A useful detail

The 130-minute cold-service plan allows 10 minutes of preparation, up to 8 minutes of sequential heating, 10 minutes for steam to subside, 90 minutes of refrigeration and 12 minutes for transferring, temperature checks and assembly. The baseline is 1000 W. Actual soft rhubarb and 40°F/4°C cooling control; a slower refrigerator needs more time.

Another way

Replace 5 g/about 2 tsp ginger with 1 g/about 1/2 tsp finely grated unwaxed lemon zest, stirred in after the fruit cooking. The compote is less spicy but still tart.

Replace 20 g/3/4 oz granola with 20 g/3/4 oz ready-to-eat chopped walnuts, divided 10 g each. Walnut becomes a tree-nut ingredient; the same cold assembly applies.

Keep it well

Keep compote and yogurt separately at 40°F/4°C or below and use within 2 days or an earlier yogurt deadline. Add granola only to the portion being eaten; keep it dry under its label storage instructions. Refrigerate cooked compote promptly, within 2 hours or 1 hour above 90°F/32°C, and discard served portions beyond those limits. Frozen rhubarb must follow its actual package cooking process; freezing alone does not make a non-ready-to-eat product ready to eat.