

Rhubarb Sauce (Rhabarber-Sauce)

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The Good Cook Sauces - Time-Life Books

Yield: 3 cups

1 pound (4 cups) rhubarb, trimmed
and cut into two-inch lengths
1 cup water
2 tablespoons potato flour
1 1/4 cups sweet white wine
1/2 cup dried currants
two-inch cinnamon stick
2 strips lemon peel, thinly pared
1/2 cup sugar

Boil the rhubarb in one-half cup of the water until it is soft, about 20 minutes. Press it through a sieve into a non-reactive pan.

Whisk the potato flour with one-half of the wine. Stir this into the rhubarb puree' and add the remaining wine.

Stirring continuously, bring the mixture to a boil over low heat and simmer it until thick, about 5 minutes.

Meanwhile, boil the currants with the cinnamon and lemon peel in the remaining water until the currants are plump, about 10 minutes. Remove the cinnamon and lemon peel, then add the currants, with their cooking liquid, to the rhubarb mixture.

Add sugar to taste.

This sauce is served with puddings and fruit dumplings.

Per Serving (excluding unknown items): 688 Calories; trace Fat (0.6% calories from fat); 5g Protein; 175g Carbohydrate; 8g Dietary Fiber; 0mg Cholesterol; 24mg Sodium. Exchanges: 1 Grain(Starch); 4 Fruit; 6 1/2 Other Carbohydrates.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	688	Vitamin B6 (mg):	.2mg
% Calories from Fat:	0.6%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	96.4%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	2.9%	Riboflavin B2 (mg):	.2mg

Total Fat (g): trace
Saturated Fat (g): trace
Monounsaturated Fat (g): trace
Polyunsaturated Fat (g): trace
Cholesterol (mg): 0mg
Carbohydrate (g): 175g
Dietary Fiber (g): 8g
Protein (g): 5g
Sodium (mg): 24mg
Potassium (mg): 1166mg
Calcium (mg): 135mg
Iron (mg): 6mg
Zinc (mg): 1mg
Vitamin C (mg): 27mg
Vitamin A (i.u.): 110IU
Vitamin A (r.e.): 10 1/2RE

Folacin (mcg): 24mcg
Niacin (mg): 2mg
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refuse: 0 0%

Food Exchanges

Grain (Starch): 1
Lean Meat: 0
Vegetable: 0
Fruit: 4
Non-Fat Milk: 0
Fat: 0
Other Carbohydrates: 6 1/2

Nutrition Facts

Amount Per Serving

Calories 688 **Calories from Fat:** 4

% Daily Values*

Total Fat	trace	1%
Saturated Fat	trace	0%
Cholesterol	0mg	0%
Sodium	24mg	1%
Total Carbohydrates	175g	58%
Dietary Fiber	8g	34%
Protein	5g	
Vitamin A		2%
Vitamin C		45%
Calcium		13%
Iron		36%

* Percent Daily Values are based on a 2000 calorie diet.