

# Rhubarb Cobbler with Citrus Cream

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## **Servings: 12**

*1 1/2 cups + 5 tablespoons sugar, divided*  
*2 tablespoons cornstarch*  
*6 cups fresh rhubarb, sliced*  
*1/2 cup + 2 tablespoons sweet Reisling wine, divided*  
*1 1/2 cups all-purpose flour*  
*1 cup cornmeal*  
*2 teaspoons baking powder*  
*1/4 teaspoon salt*  
*1/2 cup chilled butter, cut up*  
*1/4 cup milk*  
*1 egg, lightly beaten*  
*1 tablespoon orange zest*  
*2 teaspoons lemon zest*  
*1 1/2 cups whipping cream*

## **Preparation Time: 30 minutes**

### **Bake: 35 minutes**

Preheat the oven to 375 degrees.

In a medium bowl, combine 1-1/2 cups of sugar and the cornstarch. Add the rhubarb and toss to combine. Transfer the mixture to a lightly buttered three-quart rectangular baking dish. Drizzle with 1/4 cup of wine and set aside.

In another medium bowl combine the flour, cornmeal, baking powder and salt. Using a pastry blender cut in the butter until the size of small peas.

In a small bowl, combine the milk, 1/4 cup of wine and the egg. Add to the flour mixture and stir with a fork until just combined. Top the rhubarb mixture in the dish with dough, breaking up large pieces as necessary. Sprinkle with two tablespoons of sugar.

Bake for 35 minutes or until golden and bubbly around the edges.

Meanwhile, in a small bowl, combine three tablespoons of sugar, orange zest and lemon zest. Using the back of a spoon, crush the zest into the sugar until the sugar turns a light orange color. Stir two tablespoons of the wine into the sugar mixture. In a chilled large mixing bowl, beat the cream until it starts to thicken. Continue beating slowly while adding the sugar mixture until soft peaks form.

Remove the cobbler from the oven and cool for 30 minutes. Serve with the whipped cream mixture.

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Per Serving (excluding unknown items): 314 Calories; 12g Fat (33.9% calories from fat); 4g Protein; 49g Carbohydrate; 1g Dietary Fiber; 59mg Cholesterol; 146mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 0 Fruit; 0 Non-Fat Milk; 2 1/2 Fat; 1 1/2 Other Carbohydrates.

**Per Serving Nutritional Analysis**

<b>Calories (kcal):</b>	314	<b>Vitamin B6 (mg):</b>	.1mg
<b>% Calories from Fat:</b>	33.9%	<b>Vitamin B12 (mcg):</b>	.1mcg
<b>% Calories from Carbohydrates:</b>	61.2%	<b>Thiamin B1 (mg):</b>	.2mg
<b>% Calories from Protein:</b>	4.9%	<b>Riboflavin B2 (mg):</b>	.2mg
<b>Total Fat (g):</b>	12g	<b>Folacin (mcg):</b>	33mcg
<b>Saturated Fat (g):</b>	7g	<b>Niacin (mg):</b>	2mg
<b>Monounsaturated Fat (g):</b>	3g	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	1g	<b>Alcohol (kcal):</b>	0
<b>Cholesterol (mg):</b>	59mg	<b>% Refuse:</b>	0 0%
<b>Carbohydrate (g):</b>	49g		
<b>Dietary Fiber (g):</b>	1g		
<b>Protein (g):</b>	4g		
<b>Sodium (mg):</b>	146mg		
<b>Potassium (mg):</b>	73mg		
<b>Calcium (mg):</b>	77mg		
<b>Iron (mg):</b>	1mg		
<b>Zinc (mg):</b>	trace		
<b>Vitamin C (mg):</b>	1mg		
<b>Vitamin A (i.u.):</b>	514IU		
<b>Vitamin A (r.e.):</b>	138RE		

**Food Exchanges**

<b>Grain (Starch):</b>	1 1/2
<b>Lean Meat:</b>	0
<b>Vegetable:</b>	0
<b>Fruit:</b>	0
<b>Non-Fat Milk:</b>	0
<b>Fat:</b>	2 1/2
<b>Other Carbohydrates:</b>	1 1/2

**Nutrition Facts**

Servings per Recipe: 12

**Amount Per Serving**

**Calories** 314                      **Calories from Fat:** 106

**% Daily Values\***

<b>Total Fat</b> 12g	18%
Saturated Fat 7g	36%
<b>Cholesterol</b> 59mg	20%
<b>Sodium</b> 146mg	6%
<b>Total Carbohydrates</b> 49g	16%
Dietary Fiber 1g	5%
<b>Protein</b> 4g	

<b>Vitamin A</b>	10%
<b>Vitamin C</b>	2%
<b>Calcium</b>	8%
<b>Iron</b>	8%

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