

Yogurt Parfait with Granola and Rhubarb Compote

Prepared for the Edible Academy Opening Weekend Celebration by Fiddlehead Cooking Studio - Renana Shvil-Tobi and Jennifer Rothman

Note: As written, this recipe makes a large quantity of granola and compote. To serve, layer 1/3 cup of yogurt (your choice of flavor and fat content) into the bottom of a tall glass. Add 2 – 3 Tablespoons of the prepared granola and 1 – 2 Tablespoons of the prepared compote. Add yogurt again. Again add a layer of granola and compote. Continue until the glass is full, or the serving size you desire is achieved. If you are not eating the parfait immediately, omit adding the granola until serving or it will become soggy. Instead, layer the yogurt and compote, then garnish with granola to serve.

Ingredients:

For the granola:

6 cups rolled oats
3/4 cup shredded unsweetened coconut
1/4 cup brown sugar
1/2 cup agave nectar or honey
1/2 cup vegetable oil
3/4 teaspoon salt
1 cup slivered almonds
1 cup pecan pieces

If avoiding nuts substitute all of the following ingredients:

1/2 cup pumpkin seeds
1/2 cup puffed rice
1/4 cup chia seeds
1/4 cup flax seeds
1/4 cup sunflower seeds

For the rhubarb compote:

1 pound rhubarb, trimmed and cut roughly 3/4-inch chunks
3/4 cups sugar
2 tablespoons salted butter
2 tablespoons orange juice

Instructions:

Preheat oven to 275* F. To prepare the granola, in a large bowl, combine the oats, nuts, coconut, and brown sugar. In a separate bowl, combine agave nectar, oil, and salt. Combine both mixtures and pour onto 2-3 sheet pans. Bake for 1 hour and 15 minutes, stirring every 15 minutes to achieve an even color.

To prepare the compote: in a medium bowl, mix the rhubarb with the sugar. In a heavy medium saucepan over medium heat, melt the butter. When the butter has melted, add the rhubarb and sugar mixture and the orange juice. Allow to cook, undisturbed, for 2 minutes. Then gently stir and continue to cook, stirring occasionally, until the rhubarb is tender and beginning to fall apart and its juices are thick, 10 to 15 minutes. For a thicker jam, keep cooking for up to an additional 40 minutes on low heat, stirring occasionally. Remove from heat and let cool. Store in an airtight container in the refrigerator for up to 1 week.