



Balsamic Rhubarb Compote

Source: Adapted from *The Best of Gourmet*, 1996

Ingredients:

- 3 tablespoons balsamic vinegar
- 2/3 cup sugar*
- 3/4 teaspoon grated fresh ginger root (no need to peel)
- About 4 fresh rhubarb stalks, leaves discarded, ends trimmed, and stalks cut crosswise into 1/4 inch-thick slices, or 2 cups frozen sliced

Directions:

1. In a saucepan simmer vinegar with sugar and ginger root, stirring, until sugar is dissolved and stir in rhubarb (with reserved liquid if using frozen).
2. For the fresh rhubarb, simmer for several minutes until crisp but tender. Transfer with a slotted spoon to a bowl.
3. For the frozen rhubarb, as soon as the mixture returns to a simmer transfer rhubarb with slotted spoon to bowl.
4. Simmer liquid until thickened slightly, about 5 minutes and remove pan from heat. Stir in rhubarb.
5. Spoon onto toasted bread for a delicious appetizer!

***Note:** Consider using a natural sweetener with all of its enzymes, vitamins, minerals and fiber intact. Examples include Rapadura, Sucanat, granulated date sugar, agave syrup and brown rice syrup.