Freezing Rhubarb with Syrup

Syrup Pack
Step by-Step Directions
June 2013

CLEAN: FOOD SAFETY STARTS HERE!

Wash hands for 20 seconds
1. Wet hands under hot running water. Add lots of soap.
2. Rub and wash back of hands, wrists, between fingers and under fingernails for 20 seconds.
3. Rinse well under running water.
4. Dry with paper towels.
5. Use paper to turn off the water faucet.

Clean and Sanitize Sink and Counter Tops
1. Wash counter tops and prep sinks with hot soapy water.
2. Fill squirt bottle with 1 quart water. Add 1 teaspoon of chlorine bleach or use commercially prepared cleaner per directions on label.
3. Spray counter tops and sink with bleach solution. Let air dry.
4. Wash hands.

Clean as You Go
1. Wash dishes, utensils, cutting boards, etc. in hot soapy water.
2. Let air dry.
3. Put away items where you found them.

INGREDIENTS:
• Select firm, tender, well-colored rhubarb stalks with good flavor and few fibers
• 2 ¾ cups sugar to 4 cups lukewarm water
DIRECTIONS:

Prepare fruit

1) **Rinse** rhubarb well under running cold water using a produce scrub brush.
2) **Cut off** the ends using a knife and cutting board. Remove any bruised or damaged areas.
3) **Cut rhubarb into 1 inch pieces.**
4) To help rhubarb retain color and flavor, heat it in boiling water for 1 minute and cool promptly in cold ice water for 1 minute.
5) **Drain** well removing as much water as possible to prevent ice crystal formation during freezing.
6) For a **syrup pack**, pre-make 40% syrup: mix a proportion of 2 ¾ cups sugar to 4 cups lukewarm water and stir until the solution is clear. Chill syrup.
7) **Package.** Tightly pack the preheated rhubarb into containers and cover with cold 40% syrup. Leave correct amount of headspace.
   a) In rigid containers:
      i) ½-inch for pint size
      ii) 1 inch for quart size
   b) In plastic bags, pint or quart size:
      i) Approximately ½-inch
8) **Wipe** the rim of the container with a damp paper towel to remove any excess juice or rhubarb pieces. This will help to keep the lid tightly sealed and secure. Any food or liquid left in the sealing area will freeze, expand, and loosen the seal.
9) **Label** the lid with: 1) The Date; 2) Name of Product; 3) Form of Food – e.g. syrup pack; 4) Amount – e.g. 2 cups.
10) **Seal** the lid on the container, releasing all the air. Make sure all edges are sealed tightly before freezing.
11) **Freeze.** Place the packaged rhubarb in the freezer in an upright position. An upright freezer, chest freezer, or refrigerator-freezer combination can be used as long as it can reach a temperature of 0˚F or below. Keep a thermometer inside the freezer in order to keep track of the temperature at all times.