

Salt and Serenity

Rhubarb Pistachio Loaf with Strawberry Glaze

Move over banana bread, there's a new loaf in town. Even those who think they don't like rhubarb will love this one. The strawberry glaze packs a punch of flavour, thanks to freeze-dried strawberries. They are available at most health food stores or you can buy them online.

Loaf:

202 grams (1½ cups) all-purpose flour
1 teaspoon baking soda
¼ teaspoon salt
1 large egg
198 grams (1 cup) granulated sugar
113 grams (½ cup) buttermilk
50 grams (¼ cup) vegetable oil
1 teaspoon vanilla bean paste or vanilla extract
240 grams (2 cups) rhubarb, chopped into ½ inch pieces (frozen is fine)
60 grams (½ cup) shelled pistachios, toasted and coarsely chopped

Glaze:

15 grams freeze dried strawberries
113 grams (1 cup) icing sugar
3-4 Tablespoons freshly squeezed lemon juice
2 teaspoons melted coconut oil (this prevents the glaze from cracking once hardened)

Garnish:

30 grams (¼ cup) shelled pistachios, toasted and finely chopped
Freeze dried strawberry crumbs (see step #4 in recipe)

1. Preheat oven to 350F. Lightly spray bottom and sides of an 8×4 inch loaf pan.
2. In a medium sized mixing bowl, whisk flour with baking soda and salt. In a large mixing bowl, whisk egg with sugar, buttermilk, oil and vanilla. Add flour mixture to wet ingredients and use a spatula to mix. Add rhubarb and pistachios and stir just until combined. Scrape batter into prepared pan.
3. Bake on middle rack of oven for 45 minutes. Tent the top of the loaf loosely with foil after 45 minutes, to prevent top from becoming too dark. Bake for an additional 15-20 minutes until a cake tester inserted in center of loaf comes out clean. Transfer to a wire rack to cool in pan for 10 minutes. Remove from pan and continue to cool for a further 45 minutes before glazing.

4. Place freeze-dried strawberries in spice grinder or food processor and process until a fine powder forms. There will still be some larger granules, no matter how long you go for. Don't worry. Place the ground freeze-dried strawberries in a mesh strainer and use the back of a spoon to push through. Set aside the larger granules for decorating top of loaf. The fine powder will be mixed into the glaze.
5. Place powdered freeze-dried strawberries and icing sugar in a large bowl. Add coconut oil and whisk. Add lemon juice 1 Tablespoon at a time, whisking until thick and smooth. Drizzle glaze over warm loaf, letting it run down the sides.
6. While glaze is still wet, sprinkle finely ground pistachios and freeze dried strawberry crumbs over top of cake.