



VEGAN & GLUTEN-FREE Wee Rhubarb Cream Cheese “Bridie” Hand Pies

By Erin Fletter

Prep Time 40 / **Cook Time** 25 / **Serves** 4 - 6

Fun-Da-Mentals Kitchen Skills

chop: to cut something into small, rough pieces using a blade.

knife skills: Bear Claw (growl), Pinch, Plank, and Bridge (look out for trolls).

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

mix: to thoroughly combine two or more ingredients until uniform in texture.

Equipment

- Oven
- Baking sheet
- Parchment paper
- Medium mixing bowl
- Dry measuring cups
- Measuring spoons
- Whisk
- Cutting board + kid-safe knife
- Rolling pin, clean water bottle, or mason jar for rolling out dough
- Mason jar lid or similar for cutting circles (or knife for cutting rectangles)

Ingredients

VEGAN & GLUTEN-FREE Wee Rhubarb Cream Cheese “Bridie” Hand Pies

- 2 C gluten-free/nut-free all-purpose flour + more if needed
- 1 tsp xanthan gum (use only if your gluten-free flour blend does not contain it)
- 1/2 tsp baking powder
- 1/2 tsp salt
- 8 T cold vegan butter (like Earth Balance Buttery Sticks or Spread)
- 1/2 to 2/3 C cold water + more if needed
- 1/2 heaping C fresh or frozen/thawed chopped rhubarb (or raspberries/strawberries)
- 1/4 C sugar
- 1 tsp gluten-free/nut-free all-purpose flour
- 1 pinch salt
- 4 oz vegan cream cheese, like Daiya brand

Food Allergen Substitutions

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Instructions

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measure + whisk + cut in

Measure and whisk together **2 cups gluten and nut free flour**, **1 teaspoon xanthan gum** (if needed), **1/2 teaspoon baking powder**, and **1/2 teaspoon salt**. Add **8 tablespoons cold vegan butter** in chunks to the dough and use hands or a fork to incorporate or "cut in" the butter into the flour. Once the butter is the size of peas, start adding **1/2 to 2/3 cup cold water**.

mix + form

Mix the dough with your hands to form a dough ball, adding more cold water by the tablespoon, as needed. If the dough is too wet and sticky, add more flour by the tablespoon. Let the dough rest for about 10 minutes while you prepare the rhubarb and cream cheese mixture.

chop + measure + mix

When ready to bake, chop a heaping **1/2 cup of rhubarb** into small pieces. Add to a mixing bowl. Measure and add **1/4 cup sugar**, **1 teaspoon gluten and nut free flour**, and **1 pinch of salt** to the rhubarb. Mix! Then add **4 ounces of vegan cream cheese** and mix again to coat the rhubarb. Let the rhubarb sit

for 30 minutes while you preheat your oven and cut out the dough shapes.

preheat + roll + cut

Preheat the oven to 350 F and line a baking sheet with parchment paper. Roll out dough on a floured surface. Using the lid of a mason jar, cut out circular shapes in the dough, making as many as you can. Or, cut out rectangles with a butter knife.

spoon + fold + seal + bake

Spoon 1 to 2 teaspoons of rhubarb mixture in the center of each dough shape. Trace edges with a wet finger, then fold over and seal edges closed. Arrange on a baking sheet, slide into the oven, and bake for 20 to 25 minutes until pastry is golden brown and flaky and rhubarb filling is bubbly! Drizzle with Sticky Orange Glaze (see recipe)!

Featured Ingredient: Rhubarb!

Hi! I'm Rhubarb!

"I kind of look like celery, but I can be red or green, and we're from different families. Europeans didn't start eating me until the 18th century, when sugar became more widely available; however, people in the Islamic world ate a rhubarb variety in the 10th century. Before that, over 2,000 years ago, I was used as medicine in China! You can use me in savory dishes, but I'm best known for sweet foods, like jams, crumbles, and pies. Did you know that I'm included in two national pie days?! There's a National Rhubarb Pie Day on January 23 and a National Strawberry-Rhubarb Pie Day on June 9!"

History

Rhubarb is native to China! Before discovering its culinary properties, the Chinese used it as medicine for thousands of years, especially the rhubarb root, which was a good blood cleanser and laxative!

Rhubarb was found in recipes right around the same time sugar became affordable and more widely available.

Rhubarb used to be very expensive for people in Europe, as the cost to travel across Asia, where it originated, was high. As a result, rhubarb was more costly than spices during medieval times.

Anatomy & Etymology

Rhubarb is related to buckwheat! It tastes earthy and sour and is crunchy and fibrous like celery.

Rhubarb is a rhizome—other rhizomes include ginger and turmeric.

The edible parts of a rhubarb plant are the thick stalks (called petioles) that vary in color on the outside from light green to deep red. Red rhubarb stalks are sweeter than the green stalks, which are quite sour. A rhubarb's flesh is white.

Rhubarb is a perennial plant. That means, after planting, it will return year after year for at least ten years.

Because of Alaska's long, sunny days in the summertime, rhubarb plants can grow there to over five feet tall!

Rhubarb contains a carbohydrate called PECTIN, a plant's natural thickening agent! You can use pectin to make jam.

The word "rhubarb" comes from the Old French "reubarbe," from the medieval Latin "rheubarbarum," and the Greek "rha barbaron" (foreign or barbarian rhubarb).

How to Pick, Buy, & Eat

Rhubarb leaves are poisonous, so you should never eat them!

Rhubarb is technically a vegetable, though its stalks are consumed primarily as a fruit. You can use them in pies, cakes, crumbles, cobblers, breads, sorbets, ice cream, coffee cakes, and more.

You can sweeten rhubarb stalks with sugar and cook them down to jam, or use them in savory recipes as a sour ingredient. Rhubarb is a great stand-in for cranberries.

Nicknamed the "pie plant," rhubarb is commonly cooked into a pie filling, often combined with strawberries or cherries!

Store rhubarb stalks in the fridge until ready to use.

It's even possible to make paper from the fibers of rhubarb stalks!

Nutrition

Fiber! Rhubarb contains a healthy amount of fiber, which helps keep our intestines clean and running smoothly.

Vitamin K! Three and a half ounces of cooked rhubarb contains about 25 percent of our daily requirement.

Vitamin K is necessary to help blood clot and keep our bodies from losing blood when we get a cut.

Antioxidants! Rhubarb is a rich source of polyphenols, which the body uses as internal vacuum cleaners to clean up dirty, harmful stuff, keeping us healthy and strong!