

## FAVORITE RECIPE: Ice cream cuts tartness of rhubarb pie

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Although the leaves of a rhubarb plant are toxic, the plant's stalks can be cooked and used in pies and other foods for their tart flavor.

Mary Bliss, of Avon, said her husband, Cyrus, grew up on the farm where they now live and where his father used to grow rhubarb plants.

The tartness of rhubarb is something for which one acquires a taste, said Bliss, who offered this week's recipe for rhubarb pie.

"Rhubarb was grown by my husband's family. I was not a rhubarb person at all. I have learned to eat it because of my exposure to it," said Bliss, but notes that she does enjoy rhubarb coffee cake.

"In my opinion, the only way to serve rhubarb pie is with ice cream. According to my husband, you should minimize the amount of sugar in the recipe and maximize the ice cream," said Bliss, who is retired from Avon Local Schools, where she worked in the treasurer's office.

Bliss described the taste of rhubarb as "very sour" and said it takes a lot of sugar to temper the tartness.

Aside from the tartness, Bliss said rhubarb pie "has a unique flavor."

"I use tapioca as a thickening agent and mix it with sugar and then put butter on the top of the rhubarb," said Bliss.

She described how the rhubarb becomes pie filling.

"Rhubarb has long stalks, 12 to 15 inches long, with large leaves on top. You pull the stalks away from the plant, wash them and chop them up into small pieces," said Bliss.

Once the rhubarb pie is placed in the oven, Bliss said the temperature should be set at 425 degrees for 20 minutes and then lowered to 375 degrees for another 30 minutes.

Bliss said she enjoys baking more than cooking.

"Baking is so rewarding," said Bliss. "You make something and everyone says, 'Oh, it tastes so good!' The accolades are what keep driving you on."

Rhubarb Pie

Servings: 12

5 cups chopped rhubarb  
1-1/2 cups sugar  
1/4 cup instant tapioca  
(Use regular pie crust recipe)

Mix above ingredients together and pour in pie crust. Place in oven and bake at 425 degrees for 20 minutes and then lower temperature to 375 degrees and bake for 30 minutes.



Mary Bliss is shown with her Rhubarb Pie in Avon. MORNING JOURNAL/NATE PARSONS