



Rhubarb Peach Crumble is a timeless dessert that brings together the vibrant colors and distinct flavors of summer. With its origins rooted in classic fruit crumbles, this dessert has evolved as a favorite among fruit lovers seeking a simple yet memorable dish. Rhubarb, known for its tartness, pairs exceptionally well with the [natural sweetness of peaches](#), creating a harmonious balance. The dish's appeal lies not only in its flavor but also in the contrasting textures—the tender, juicy filling beneath a crunchy, golden oat topping. Ideal for any occasion, Rhubarb Peach Crumble is a dessert that encapsulates the essence of homely comfort and culinary delight.

## Do Peaches and Rhubarb Go Together? Exploring Their Flavor Harmony

The combination of peaches and rhubarb may seem unconventional at first glance, but these two fruits create a harmonious blend of flavors that complement each other beautifully. Rhubarb, with its tart and tangy profile, offers a counterbalance to the sweet and juicy nature of peaches.

This contrast not only highlights the individual flavors of each fruit but also enhances the overall taste experience, providing a unique and satisfying dessert. The interplay of textures also adds to their appeal—tender peaches meld with the slightly fibrous rhubarb, creating a pleasant mouthfeel that makes this combination a delight in any sweet dish.

## Easy Rhubarb Peach Crumble Recipe: A Step-by-Step Guide

Here's a simple recipe to create your own Rhubarb Peach Crumble:

### Ingredients:

- 2 cups fresh rhubarb, chopped
- 2 cups peaches, sliced
- 1 cup sugar
- 1 tablespoon lemon juice
- 1 teaspoon vanilla extract
- 1 cup all-purpose flour
- 1 cup rolled oats
- 1/2 cup brown sugar



- 1/2 cup unsalted butter, melted
- 1/4 teaspoon salt

## Instructions:

1. Preheat your oven to 375°F (190°C).
2. Mix rhubarb, peaches, sugar, lemon juice, and vanilla in a large bowl. Transfer to a 9×13-inch baking dish.
3. In another bowl, combine flour, oats, brown sugar, melted butter, and salt to create the crumble topping.
4. Spread the crumble mixture evenly over the fruit.
5. Bake for 40-45 minutes, or until the crumble is golden brown and the fruit is bubbling.
6. Allow to cool slightly before serving.

## The Benefits of Using Oats in Your Rhubarb Peach Crumble

Incorporating oats into your rhubarb peach crumble not only enhances the texture but also adds a nutritional boost to this delectable dessert. Here are some benefits of using oats in your crumble:

1. **Nutritional Value:** Oats are rich in essential nutrients, including fiber, protein, vitamins, and minerals. Adding oats to your crumble provides these health benefits, turning a tasty treat into a more wholesome option.
2. **Texture Enhancement:** Oats contribute a delightful crunch to the crumble topping. Their hearty texture plays well against the soft, juicy fruit filling, creating a pleasing contrast in every bite.
3. **Heart Health:** Oats contain beta-glucan, a type of soluble fiber that can help reduce cholesterol levels. Including them in your dessert can contribute to heart health when consumed as part of a balanced diet.
4. **Versatility:** Oats seamlessly blend into various flavor profiles, making them a versatile addition to the crumble. They complement both the sweet peaches and tangy rhubarb without overpowering them.

With these benefits in mind, oats are a fantastic ingredient to include in your rhubarb peach crumble, enhancing both its nutritional profile and texture.



## Calorie Count for Rhubarb Peach Crumble

Understanding the calorie content of your dessert can help you make informed dietary choices. Below is a table that estimates the calories found in a typical rhubarb peach crumble serving:

Ingredient	Quantity	Calories per Serving
Fresh Rhubarb	2 cups	52
Peaches	2 cups	122
Sugar	1 cup	774
Lemon Juice	1 tablespoon	4
Vanilla Extract	1 teaspoon	12
All-Purpose Flour	1 cup	455
Rolled Oats	1 cup	307
Brown Sugar	1/2 cup	220
Unsalted Butter	1/2 cup	814
Salt	1/4 teaspoon	0

**Total Calories for Entire Recipe: 2760**

**Approximate Calories per Serving (8 servings): 345**

This estimated calorie count provides a guideline for those looking to enjoy rhubarb peach crumble while maintaining an awareness of their caloric intake. Keep in mind that ingredient variations and serving sizes can affect the total calorie content.

## Peach and Rhubarb Cake: A Tasty Alternative to Crumble

If you're looking for a delightful twist on the classic crumble, consider trying a peach and rhubarb cake. This moist and flavorful cake offers a perfect blend of the tartness of rhubarb and the sweetness of peaches, enveloped in a tender cake batter. Here's how to make it:

### Ingredients:

- 2 cups fresh rhubarb, chopped



- 2 cups peaches, diced
- 1 1/2 cups granulated sugar, divided
- 1 tablespoon lemon juice
- 2 cups all-purpose flour
- 2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 cup unsalted butter, softened
- 2 large eggs
- 1 teaspoon vanilla extract
- 1 cup buttermilk

### **Instructions:**

1. Preheat your oven to 350°F (175°C) and grease a 9×13-inch baking pan.
2. In a bowl, combine rhubarb, peaches, 1/2 cup of sugar, and lemon juice. Set aside to macerate.
3. In another bowl, whisk together flour, baking powder, baking soda, and salt.
4. In a large mixing bowl, cream together the remaining sugar and butter until light and fluffy.
5. Add eggs one at a time, beating well after each addition. Mix in vanilla extract.
6. Gradually add the dry ingredients to the wet ingredients, alternating with buttermilk, beginning and ending with dry ingredients. Mix until just combined.
7. Fold the macerated fruit into the batter gently.
8. Pour the batter into the prepared baking pan and smooth the top.
9. Bake for 45-50 minutes, or until a toothpick inserted into the center comes out clean.
10. Allow the cake to cool in the pan before serving. Enjoy a slice of this fruity delight as a wonderful alternative to crumble!

## **Exploring Peach and Rhubarb Recipes: Beyond the Crumble**

### **Peach and Rhubarb Pie**

- A classic pie featuring a buttery crust filled with a juicy peach and rhubarb mix.
- Best served warm with a dollop of vanilla ice cream or whipped cream.



## **Rhubarb Peach Jam**

- A sweet and tangy spread ideal for morning toast or pastries.
- Combines fresh peaches and rhubarb with sugar and lemon juice.

## **Peach and Rhubarb Sorbet**

- A refreshing frozen dessert perfect for hot summer days.
- Made with pureed peaches and rhubarb, sugar, lemon juice, and a splash of coconut milk.

## **Rhubarb Peach Galette**

- A rustic, free-form tart that highlights the flavors of peach and rhubarb.
- Easy to make with a pie crust rolled out flat and folded over the fruit filling.

## **Peach and Rhubarb Salad**

- A unique twist on traditional fruit salad with fresh mint and a drizzle of honey.
- Perfect as a side dish for picnics or barbecues.

# **How to Make the Perfect Peach Rhubarb Pie: Tips and Tricks**

Creating the perfect Peach Rhubarb Pie is a rewarding culinary adventure that combines skill and creativity. Here are some tips and tricks, alongside step-by-step guidance, to help you master this delightful dessert:

## **Ingredients:**

- 2 cups fresh rhubarb, sliced
- 2 cups fresh peaches, peeled and sliced
- 1 cup granulated sugar
- 1/4 cup cornstarch
- 1 tablespoon lemon juice
- 1 teaspoon vanilla extract
- 1/2 teaspoon ground cinnamon
- 1 double-crust pie dough (store-bought or homemade)
- 1 egg, beaten (for egg wash)



- 1 tablespoon coarse sugar (optional)

## Instructions:

1. **Prepare Your Pie Dough:** Roll out half of your pie dough on a floured surface and fit it into a 9-inch pie pan. Trim any excess and set aside.
2. **Make the Filling:** In a large mixing bowl, combine rhubarb, peaches, sugar, cornstarch, lemon juice, vanilla extract, and cinnamon. Stir until the fruit is well-coated and the mixture is evenly combined.
3. **Fill the Pie:** Pour the fruit mixture into the pie crust, ensuring it is evenly distributed.
4. **Top with the Crust:** Roll out the second half of the pie dough and place it over the filling. Trim and fold the edges as desired, creating a decorative border. Cut slits in the top crust to allow steam to escape.
5. **Apply the Egg Wash:** Brush the top of the pie with beaten egg and sprinkle with coarse sugar for added texture and sweetness.
6. **Bake:** Preheat your oven to 400°F (200°C). Place the pie on the center rack and bake for about 45-50 minutes, or until the crust is golden brown and the filling is bubbling.
7. **Cool:** Allow the pie to cool on a wire rack for at least 2 hours before serving. This will help the filling set and make it easier to slice.

By following these tips and steps, you'll create a stunning Peach Rhubarb Pie that is sure to impress your family and friends with its perfect balance of flavors and inviting presentation.

## Rhubarb Peach Crumble: A Healthy Twist on a Classic Dessert

For those seeking a healthier version of this delightful dessert, consider making a few ingredient swaps to reduce sugar and increase nutritional value without sacrificing flavor. Below are steps to create a more wholesome Rhubarb Peach Crumble.

## Ingredients:

- 2 cups fresh rhubarb, chopped
- 2 cups peaches, sliced
- 1/2 cup honey or maple syrup
- 1 tablespoon lemon juice
- 1 teaspoon vanilla extract
- 1/2 cup whole wheat flour



- 1 cup rolled oats
- 1/3 cup coconut sugar
- 1/3 cup coconut oil or unsalted butter, melted
- 1/4 teaspoon salt
- 1/4 cup chopped nuts (optional)

## Instructions:

1. Preheat your oven to 375°F (190°C).
2. In a large bowl, combine rhubarb, peaches, honey, lemon juice, and vanilla. Transfer the mixture to a 9×13-inch baking dish.
3. In a separate bowl, mix whole wheat flour, oats, coconut sugar, melted coconut oil, and salt. Stir in nuts for added texture if desired.
4. Evenly distribute the crumble mixture over the fruit.
5. Bake for 35-40 minutes, or until the topping is golden and the fruit mixture bubbles.
6. Allow to cool before serving, and enjoy the sweet and tangy flavors with a healthier twist.

## Creative Ways to Enjoy Peach Rhubarb Bars: A Tasty Treat

Peach Rhubarb Bars offer a versatile and scrumptious way to enjoy the classic flavors of peach and rhubarb, encased in a delightful, easy-to-carry package. Here's how you can elevate this treat for various occasions:

### Steps to Create Peach Rhubarb Bars

1. **Prepare the Ingredients:** Gather 2 cups of peaches (sliced), 2 cups of rhubarb (chopped), 1 cup of sugar, 1 tablespoon of lemon juice, 1 teaspoon of vanilla extract, 1 1/2 cups of all-purpose flour, 1 cup of rolled oats, 3/4 cup of brown sugar, 3/4 cup of unsalted butter (melted), and 1/2 teaspoon of salt.
2. **Preheat the Oven:** Set your oven to 350°F (175°C).
3. **Make the Fruit Filling:** In a mixing bowl, combine peaches, rhubarb, sugar, lemon juice, and vanilla. Stir until the fruit is well coated.
4. **Create the Crust and Topping:** In a separate bowl, mix the flour, oats, brown sugar, melted butter, and salt until the mixture becomes crumbly.
5. **Assemble the Bars:** Press half of the crumble mixture into the bottom of a 9×13-inch baking pan to form the crust. Layer the fruit filling evenly over the crust. Sprinkle the



remaining crumble mixture on top for the topping.

6. **Bake the Bars:** Place the pan in the preheated oven and bake for 35-40 minutes, or until the top is golden brown, and the fruit bubbles at the edges.
7. **Cool and Serve:** Allow the bars to cool completely before cutting them into squares. Serve them on their own or with a scoop of vanilla ice cream for added indulgence.

These bars are perfect for picnics, dessert tables, or as an on-the-go snack, and they bring the luscious taste of summer with every bite.

## Seasonal Ingredients: When to Use Fresh Rhubarb and Peaches

Understanding the seasonality of rhubarb and peaches can enhance the flavor and quality of your dessert. Here are some key pointers for using fresh ingredients:

1. **Rhubarb Season:** Typically, rhubarb is in season from early spring to mid-summer. Harvesting rhubarb during this time ensures that you are using the freshest and most tender stalks, which will yield the best flavor in your crumble.
2. **Peach Season:** Peaches are generally in season from late spring to early autumn. Look for ripe, fragrant peaches with a slight give when pressed gently. Utilizing in-season peaches will elevate the sweetness and juice content of your crumble.
3. **Optimal Purchasing:** Aim to purchase these fruits from local farmers' markets to ensure optimal freshness. Local produce often reflects peak seasonal offerings.
4. **Storage Tips:** Store rhubarb in the refrigerator wrapped in a damp paper towel for maximum freshness. Ripen peaches at room temperature, then refrigerate to prolong their shelf life once ripe.
5. **Frozen Alternatives:** If fresh rhubarb or peaches are not available, consider using high-quality frozen alternatives. They can offer an excellent backup as they are typically frozen at peak ripeness.

## Rhubarb Peach Crumble Variations: Experimenting with Flavors

Experimenting with your Rhubarb Peach Crumble recipe allows you to create new flavor experiences. Here are a few variations to try:

1. **Add Spices:** Enhance the flavor by incorporating spices such as cinnamon, nutmeg, or





ginger into your crumble topping or fruit mixture. These spices add warmth and depth, complementing the tartness of rhubarb and the sweetness of peaches.

2. **Incorporate Nuts:** Add a crunchy texture by mixing chopped almonds, pecans, or walnuts into the crumble topping. Nuts also contribute their own unique flavors, enriching the dessert experience.
3. **Try Different Sweeteners:** For a healthier touch, swap out the traditional sugar for alternatives like honey, maple syrup, or coconut sugar. These sweeteners can subtly alter the taste, adding complexity to the dessert.
4. **Include Berries:** Experiment with adding berries such as strawberries or blueberries to the fruit mix. These additional fruits can introduce new notes of sweetness or tartness, enhancing the overall flavor profile.
5. **Use Different Flour:** For a unique twist, try using almond flour or coconut flour in place of standard all-purpose flour in the crumble topping. This can add a nutty flavor and make the dessert suitable for gluten-free diets.

By exploring these variations, you can personalize your Rhubarb Peach Crumble to your taste preferences, making each preparation a delightful and unique dessert adventure.

## Pairing Suggestions: Best Complementary Flavors for Rhubarb Peach Crumble

Rhubarb Peach Crumble on its own is a delightful treat, but with the right pairings, it can be elevated even further. Here are some pairing suggestions to enhance your dessert experience:

1. **Vanilla Ice Cream:** The creamy texture and subtle sweetness of vanilla ice cream perfectly counterbalance the tartness of the rhubarb and the sweetness of the peaches. Serve a generous scoop alongside a warm slice of crumble for a classic combination.
2. **Whipped Cream:** Light and airy whipped cream adds a luxurious touch to your crumble. Try adding a dash of vanilla or a sprinkle of cinnamon to the cream to complement the dessert's flavors.
3. **Yogurt:** For a healthier option, consider pairing your crumble with Greek yogurt. Its tangy profile adds a refreshing contrast and provides an extra boost of protein.
4. **Custard Sauce:** A rich custard sauce with hints of vanilla or nutmeg can be drizzled over the crumble, enhancing its cozy, comforting essence.
5. **Berries:** Fresh or macerated berries like raspberries or strawberries can be served alongside, adding a burst of color and a refreshing tart component.



Experimenting with these pairings can bring a new dimension to your Rhubarb Peach Crumble, offering a delightful array of textures and flavors in every bite.

## Serving Suggestions: How to Present Your Rhubarb Peach Crumble

Presenting your Rhubarb Peach Crumble in an appealing manner can elevate the entire dessert experience. Here are some steps to ensure your crumble looks as enticing as it tastes:

1. **Use Attractive Dishware:** Select visually appealing bowls or plates. Rustic, earthenware dishes can add a charming, homely touch, while stark white plates offer a clean, modern aesthetic.
2. **Add a Touch of Greenery:** Garnish each serving with a small mint or basil leaf. The bright green provides a lovely color contrast to the rich, warm tones of the crumble.
3. **Serve with Sides:** Accompany your crumble with a scoop of vanilla ice cream, a dollop of freshly whipped cream, or a drizzle of homemade caramel sauce. These additions not only enhance the flavors but also add visual interest.
4. **Create Layers:** For an elegant presentation, try layering the crumble in a glass jar or dessert cup. Start with a spoonful of the fruit mixture, add a scoop of ice cream, and top with crumble for a parfait-like appearance.
5. **Final Touches:** Finish with a light dusting of powdered sugar or a sprinkle of cinnamon over the top. This subtle enhancement makes the dessert look finished and adds a hint of extra flavor.

With these serving suggestions, your Rhubarb Peach Crumble will not only taste delicious but also look like a masterpiece ready to impress.

## Storing and Reheating Tips for Leftover Rhubarb Peach Crumble

Ensuring your leftover Rhubarb Peach Crumble tastes just as delicious the next day is simple. Follow these steps to store and reheat it effectively:

### Storing:

1. **Cooling:** Allow the crumble to cool completely to room temperature to prevent



condensation, which can lead to sogginess.

2. **Transfer to an Airtight Container:** Once cooled, place the crumble in an airtight container or cover it tightly if stored in the original baking dish.
3. **Refrigerate:** Store the container in the refrigerator where it can keep for up to four days.

## Reheating:

1. **Preheat Your Oven:** Set your oven to 350°F (175°C) for even reheating that will help retain the crumble's texture.
2. **Transfer and Cover:** Move the portion you want to reheat into an oven-safe dish and cover loosely with aluminum foil to prevent excessive browning.
3. **Reheat:** Warm the crumble in the oven for about 15-20 minutes, or until heated through. For a crunchier top, remove the foil for the last 5 minutes of reheating.

## Conclusion

Rhubarb Peach Crumble is more than just a delicious dessert; it's a delightful celebration of summer's bounty. The harmonious combination of tart rhubarb and sweet peaches, topped with a delightful oat crumble, creates an unforgettable tasting experience. Whether enjoyed fresh from the oven or in creative variations, this dessert encapsulates the perfect balance of flavors and textures. By experimenting with different pairings and serving suggestions, you can elevate this classic dessert to new culinary heights. Embrace the simplicity and versatility of Rhubarb Peach Crumble, and let it become a cherished part of your dessert repertoire.

## FAQs

### Can I use frozen fruit instead of fresh rhubarb and peaches?

Yes, you can use frozen rhubarb and peaches if fresh ones are not available. Be sure to thaw and drain any excess liquid from the fruit before baking to prevent a soggy crumble.

### How can I make my crumble topping crunchier?

For an extra-crunchy topping, try adding chopped nuts like pecans or almonds to the crumble mixture. Alternatively, you can bake the topping separately for a few minutes before adding it to the fruit.



### **Is it possible to make this dessert gluten-free?**

Absolutely! Substitute the all-purpose flour with a gluten-free flour blend and opt for certified gluten-free oats to make a delicious gluten-free Rhubarb Peach Crumble.

### **How do I know when the crumble is done?**

The crumble is ready when the topping is golden brown, and the fruit mixture is bubbly around the edges. This typically takes about 40-45 minutes in the oven.

### **Can I prepare the crumble in advance?**

You can prepare the fruit and topping separately in advance. Store them in the refrigerator, and when ready to bake, simply assemble and bake the crumble until golden and bubbly.