

# Sorrel-Potato-Onion Soup

*This recipe was available in print copies earlier in the season; here is a reprise, for those who did not previously pick up a copy, or have joined subsequently.*

*Sorrel was probably one of the bitter herbs that were traditionally used to make puddings and soups in the spring with the idea of cleansing body and soul. Sorrel has a sharp, lemony but very pleasing taste and makes an excellent soup.*

## **Ingredients**

1 tbsp sunflower oil  
1 onion, peeled and sliced  
1 large potato, peeled and cubed  
300g fresh sorrel leaves  
1 liter vegetable stock  
Salt and pepper

## **Method**

Heat the oil and add the onion and potatoes until they start to soften. Add the stock, season and bring to the boil. Simmer for 10-15 minutes until the potatoes are tender.

Two (2) minutes before the end of cooking, add the sorrel.

Liquidise the soup. This is delicious served chilled as well as hot.

Recipe ideas from the British National Trust.