

Sorrel & Rice 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

- 3 cups vegetable broth
- 2 tablespoons uncooked white rice
- 1 bunch sorrel, stemmed and rinsed
- 1/2 cup heavy cream
- salt and pepper to taste

DIRECTIONS

In a large saucepan bring vegetable broth to a boil over medium heat. Stir in rice and continue to boil for about 8 minutes.

Stir in sorrel and return to a boil. Remove from heat and puree in batches in a blender or food processor or using an immersion blender.

Return to medium-low heat and stir in cream, salt and pepper. Heat through and serve.