

SORREL SOUP

The following recipes were 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

- a couple of large handfuls sorrel leaves
- 4 tablespoons butter
- pinch of sugar
- 1 1/2 pints vegetable stock
- slices from a loaf of French bread, buttered and browned in the oven
- 1 heaped teaspoon flour blended in 1 cup of milk

Method

- Clean and chop the sorrel.
- Melt the butter in a pan and add the sorrel.
- Stir over low heat for about 10 minutes.
- Add the stock and sugar.
- Bring to a boil.
- Turn down the heat and simmer for 30 minutes.
- Blend in an electric blender.
- Add flour and milk mix.
- Return to the saucepan.
- Bring to a boil, stirring.
- Simmer for 5 minutes stirring.
- Season and taste.
- Put a piece of browned buttered French bread in each soup bowl.
- Pour soup over and serve.