

# SORREL



**SORREL** has large arrow-shaped leaves and a mildly sour flavor. Also known as spinach dock, sorrel is a favorite herb in Europe, where its lemony flavor has been appreciated in cooking for centuries. The sorrel that grows in the northeast is not to be confused with red sorrel or Jamaica sorrel that is popular in East Indian and Caribbean cuisine. Sorrel is available in the Northeast in the spring.



## STORAGE

- ◆ Sorrel will keep for **3-4 days** wrapped loosely in damp cloth or paper bag in the refrigerator drawer.

## PREPARATION

- ◆ **Wash leaves thoroughly** in cold water and dry.
- ◆ Sorrel's unique lemony-tart flavor makes a great addition to **salads, cream soups, omelets, sauces, and coleslaw.**
- ◆ It can be **steamed lightly** and served with a bit of butter or olive oil, like other delicate spring greens such as spinach.
- ◆ Sorrel loses its bright green color when cooked, but retains its delicate flavor.

### ***Nutritional Information***

Sorrel contains minimal amounts of calcium and iron. Adequate calcium in the diet helps to maintain healthy bones and teeth. Iron is important for healthy blood cells. Inadequate iron intake can lead to anemia.

# Sorrel Recipes

## **Sorrel Sauce for Fish** (Serves 6)

- 1 cup dry white wine
- 2 garlic cloves, crushed in a press or with the back of knife
- 2 1/2 ounces sorrel, washed, tough stems removed and shredded
- 1 cup heavy cream
- Salt and pepper to taste

In a medium sauce pan, combine wine and garlic, simmer until liquid is reduced, about 10 minutes. Stir in sorrel and cream and cook on very low heat for about 8 minutes more. Season with salt and pepper. Serve hot or cold with baked, grilled or poached fish.

Recipe adapted from [The Book of Jewish Food](#), by Claudia Roden, copyright 1996 by Alfred A. Knopf.



## **Hot Sorrel Soup** (Serves 6)

- 2 cups well-packed, washed and stemmed sorrel leaves
- 1 medium onion
- 3 Tablespoons butter
- 1 Tablespoon flour
- 3 cups vegetable stock
- 2 egg yolks
- 1 cup milk or cream
- salt and pepper
- dash of Tabasco or pinch of cayenne (optional)

Finely chop the sorrel leaves. In a medium saucepan, sauté the onion in the butter until translucent but not brown. Stir in the flour. Mix in the sorrel and cook for a minute, just until it wilts. Add the vegetable stock. Bring the soup to a low simmer and cook for a few minutes. In a medium sized bowl, beat the egg yolks and milk. Slowly add 2 cups of the hot soup to the egg mixture, while stirring constantly. Be careful not to scramble the eggs! Stir the mixture back into the soup pot. Reheat the soup gently but don't let it boil. Add salt and pepper to taste and a dash of Tabasco or a pinch of cayenne if desired.

Recipe adapted from [Sundays at Moosewood Restaurant](#) by the Moosewood Collective, copyright 1990 by Simon and Schuster/Fireside.



## **Schav — Cold Borscht Soup** (Serves 6)

- 4 cups water
- 2 medium potatoes, diced
- 2 sprigs fresh dill (or a teaspoon dried)
- 3 scallions chopped
- 1 pound sorrel, washed, stemmed and finely chopped
- 1/4 cup fresh lemon juice (about one lemon)
- Salt and pepper to taste
- 2 Tablespoons brown sugar
- 2 eggs
- 1 cup cold water
- 1 cup sour cream
- chopped fresh dill
- chopped cucumbers or slices of hard boiled egg (optional)

In a large pot bring the water, potatoes, dill and scallions to a medium boil and cook for 5 minutes. Add the chopped sorrel and the lemon juice, salt, pepper, and sugar. Simmer for about 10 minutes—until the potatoes are tender. Remove the pot from the heat and discard the sprigs of dill. In a large bowl, beat the eggs with the cold water until light. Very slowly pour 2 cups of the hot soup stock into the egg mixture while stirring constantly to prevent curdling. Chill until very cold, preferably overnight. Just before serving, blend in the sour cream. Garnish with dill or scallions. If desired, garnish with chopped cucumbers and/or hard-boiled eggs.

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