
French Sorrel leaves available - w/recipe

Posted by West End Gardener - 2009/05/16 09:54

We have a large French sorrel plant at the Rose Circle Community Garden and would love to share the bounty of its lemony leaves with our neighbors. Sorrel leaves are best at this time of year when they are tender and juicy. When the weather heats up they'll get tough. If you'd like to have some sorrel please call me at 706-351-4098 or contact Robert Thompson at 404-399-3790 (I'll be going out of town for a few days to attend my son's wedding but Robert can help you during that time).

Here is an interesting recipe for sorrel soup:

Chilled Sorrel Soup

2 cups (packed) sorrel leaves, stemmed
2 shallots, peeled
2 cups cold chicken stock (vegetable may be substituted)
8 ounces crème fraîche (sour cream can substitute)
1/3 cup heavy cream
Salt and white pepper to taste
Fresh tarragon or mint (for garnish)

In a blender or food processor, chop the sorrel and shallot to a fine puree. Gradually add the stock and continue to blend, stopping occasionally to scrape down the sides of the bowl, until all the stock is mixed in.

Add the crème fraîche and the cream and pulse lightly until just incorporated. Season to taste with salt and pepper, then chill one hour to overnight. Serve very cold garnished with tarragon or mint. If desired you could also add more crème fraîche, some croutons, even an ice cube.

And here is an article about sorrel: <http://www.grist.org/article/2009-04-23-zingy-herb-soup/>

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