

# Sorrel soup

*Sorrel is one of the first perennial herbs that come up in the spring. **The French** have traditionally eaten it - usually before easter - as a spring tonic and purifier to the body. Used in soup is the most classic method. This is my variation of the traditional recipe.*

## **Prepare your herb.**

Harvest sorrel leaves by removing the largest leaves at the ground level leaving the smaller leaves to continue to grow. Rinse then dry in a salad spinner.

- Chiffonade or chop 4-6 cups loosely packed leaves removing any stems first.

## **Prepare the soup.**

Melt over medium heat:

- 4 T. butter

Add to this and cook on low for 10 minutes:

- 1/2 cup finely chopped onions of any sort

Add:

- sorrel
- 1/4 tsp salt

Turn the heat back up to medium-low, stir then cover and cook for 10 minutes until leaves are wilted and diminished in volume.

Add, stir in then cook for 2-3 minutes:

- 3 T white rice flour
- the leaves off two 2" sprigs of lemon thyme

Add, stirring constantly with a whisk, bringing to a simmer:

- 2 cups chicken or vegetable stock
- 2 cups water

## **Finish the soup.**

Whisk together:

- 2 egg yolks
- 1/2 cup heavy cream

Reduce heat of soup to just below a simmer. to prepare the delicate egg and cream mixture temper it first by add a bit of warm soup then whisking it doing this 3 times until the mixture is warmed. Then while stirring constantly, slowly add the yolks/cream to the stock pot until incorporated and all is warmed. Add salt and pepper to taste. *NOTE: Do not over heat or soup will curdle and separate.*