



Sorrel

Sorrel is a perennial and one of the first things up in the garden every spring. It has a strong lemon flavor when eaten raw. The flavor mellows when cooked. Try a nibble of a raw leaf; you will be surprised at the powerful flavor! When I give kids tours of the garden, I tell them it tastes like “sour patch kid” candy without the sugar. They always love it! It is a very tender green and cooks very quickly. Use it in anything a splash of lemon would taste good on. It is great chopped and added to salads, on top of burritos or in scrambled eggs.

Sorrel Cream Sauce (Workshare Lunch!)

My favorite simple spring sauce, it goes on pasta, quinoa and fish beautifully.

2 T. Butter

2 c. chopped packed sorrel

1 c. white wine

1 c. cream

Melt butter in sauce pan. Add wine and cook until reduced. Add sorrel and wilt. Puree' in a blender or with a hand blender. Return to pot add, cream and gently reheat.

Sorrel Rice Noodles (Workshare Lunch!)

Rice Noodles

Sesame Oil

Toasted Sesame Seeds

Rice Wine Vinegar

Sorrel

Chives

Tempeh (or chopped up Pork Chops)

Soy Sauce

Red Pepper Flakes

Cook noodles as directed on package and strain.

Fry tempeh in sesame oil. Splash with a bit of soy sauce, rice wine vinegar and a sprinkle of red pepper flakes. Let tempeh absorb flavors. Add finely chopped up chives just before removing from skillet.

Chop sorrel and combine with noodles and tempeh while they are still hot. This will be enough heat to wilt the greens. Sprinkle with sesame seeds. Add a bit more sesame oil and rice wine vinegar if noodles are sticking together.

Sorrel Butter Pasta

(Workshare Lunch!)

This almost does not count as cooking it is so easy.

Pasta of choice

Sorrel

Butter

Chives

Chop sorrel and put in a serving bowl. Cook your favorite pasta. As the pasta is cooking, gently melt butter and add minced chives. Strain pasta and immediately add to the sorrel. Add butter/chive mixture. Toss. The heat from the noodles will be enough to wilt the sorrel. Serve with grated Mozzarella!



Chilled Summer Sorrel Soup

A tangy cold refreshing spring soup, with Russian origins. This is a very easy recipe; only 15 to 20 minutes of prep, but please allow 4 to 6 hours to chill, at the least. Turns out well if chilled overnight.

4 cups water

2 potatoes, diced

2 sprigs fresh dill

3 scallions, sliced

1 lb. sorrel, chopped up and steamed for 5-6 minutes

Juice of 1 whole lemon

Salt, to taste

1/2 teaspoon pepper

1 tablespoon sugar or honey

2 eggs

1 cup water

1 cup sour cream, you may also use yogurt, for a light and tasty change!

Garnish: fresh dill, chopped, optional (but delicious!), cucumber, seeded, peeled and diced

In a soup pot, bring the water, potatoes, dill & scallions to a medium boil & cook for 5 minutes.

Add the chopped sorrel & lemon juice, salt, pepper & sugar. Simmer for 10 minutes. Remove from heat & discard the dill sprigs. In a large bowl, beat the eggs with the cold water till light. Very slowly pour 2 cups of the hot stock into the egg mixture, and then pour the egg mixture back into the soup, stirring constantly to prevent curdling. Then pour egg mixture back into the soup pot, stirring thoroughly.

Chill until very cold, at least 4-6 hours. Just before serving, whisk in the sour cream & garnish with dill. Top with cucumbers.



Sorrel and Onion Tart (Shareholder Favorite!) Sent in by Laura Harrison from Martha Stewart

4 tablespoons unsalted butter

5 Vidalia onions, thinly sliced

2 (about 1 1/2 pounds) fresh sorrel, or spinach, washed and dried

1 tablespoon coarse salt

1/4 teaspoon freshly ground pepper

All-purpose flour, for dusting

2 eight-ounce sheets frozen puff pastry, thawed

2 large egg yolks

1/4 cup heavy cream

In a heavy, deep saucepan, melt butter over medium-low heat. Add onions. Cook, stirring frequently, until onions are soft and translucent, about 15 minutes. Remove and discard the tough center ribs from the sorrel leaves. Bring a large stockpot of water to a boil, and add 2 teaspoons salt. Add sorrel, and cook just until the leaves wilt, 1 to 2 minutes. Drain sorrel in a colander, let cool, and squeeze out any excess liquid. Add sorrel, the remaining teaspoon salt, and the pepper to the onions; cook over low heat until mixture breaks down and is almost soupy, about 20 minutes. Remove from heat, and let cool. Preheat oven to 400 degrees. Line two baking sheets with parchment. On a lightly floured surface, roll one sheet of puff pastry into a 7-by-11-inch rectangle, about 1/8 inch thick. Transfer the dough to one of the parchment-lined baking sheets, and chill in refrigerator 30 minutes. Repeat process with the second sheet of puff pastry. Remove both sheets of puff pastry from the refrigerator. Using a sharp knife, score a 1/2-inch border around perimeter of each

sheet, creating a picture-frame look. Using a fork, prick the entire surface within the scored edges on each sheet. Make an egg glaze: In a small bowl, combine 1 egg yolk and 2 tablespoons heavy cream; carefully brush egg glaze onto the borders. Transfer both sheets of dough to oven, and bake until pastry has puffed up and is golden brown, about 15 minutes. Remove pastry from oven, and transfer to a wire rack to cool. Add the remaining egg yolk and remaining 2 tablespoons cream to the sorrel mixture, and stir to combine. Divide the filling in two, and spread one half over each puff pastry. Return the tarts to the oven, and bake until the filling is hot throughout, about 20 minutes. Remove the tarts from the oven, and transfer to a wire rack to cool, about 10 minutes. Cut tarts into 2-inch squares, and serve warm.