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## Sorrel Soup and Sorrel Sauce

*Kathleen Jameson, Balanced Harvest Farm and CSA ([www.balancedharvest.com](http://www.balancedharvest.com)) created these two recipes to celebrate the farm's sorrel harvest. Sorrel is a hardy perennial herb with a slightly bitter taste. Loved by the French and slowly being welcomed into American home kitchens, it is wonderful in soups and sauces. Kathleen's two recipes, showcase the herb's versatility and unique flavor to perfection.*

2 large handfuls of sorrel leaves, stems removed (reserve a couple of leaves for garnish)  
4 T butter  
4 shallots, minced  
2 c chicken broth  
½ tsp salt  
Freshly ground pepper  
1 c heavy cream

Chop or shred sorrel leaves.

Heat butter in a non-reactive saucepan over medium heat.

Add shallots and sauté until translucent.

Add sorrel and sauté until wilted.

Add chicken broth and salt & pepper to taste; bring to a boil.

Reduce heat and simmer for about 10 minutes.

Add cream and simmer 1-2 minutes just until heated through (do not boil).

Serve warm or cold garnished with minced fresh sorrel leaves.

***Makes 4 servings.***

**To make Sorrel Sauce:** Sauté shallots in butter and add sorrel. When sorrel wilts and begins to melt into a puree add 2-3 tablespoons of cream and heat just until warmed through. Season to taste with salt and pepper. This is fantastic served with chicken, fish or pork.

*For more seasonal recipes and information about Indiana local food,  
visit [www.goinglocal-info.com](http://www.goinglocal-info.com) .*