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## Vince Fischer's Sheep Sorrel Pie

*Vince Fischer, a resident of northern Indiana, is a 50 year forager of local edible food. His favorite recipe is this pie made with sheep sorrel, a wild edible perennial in the buckwheat family. He cautions anyone who is not familiar with gathering wild plants to team up with an experienced forager to be certain that any gathered food is safe for human consumption.*

1 quart of sheep sorrel leaves  
2 cups of water  
7 egg yolks  
 $\frac{3}{4}$  cup granulated sugar  
7 egg whites  
1 tablespoon confectioner's sugar  
One unbaked pie shell  
6-8 young sheep sorrel leaves for decoration, optional

Clean and shred the sorrel leaves.

In a heavy sauce pan bring the water to a boil and drop the leaves in. Boil three minutes. Remove from heat and let the shredded leaves steep in the water for about 30 minutes.

Strain the leaves, reserving  $\frac{1}{2}$  cup of the water in the pan.

Beat the egg yolks with an electric mixer in a medium sized bowl on high for one minute.

Pour  $\frac{1}{2}$  cup of sugar into the beaten egg yolks as you continue to blend them. Beat until thick and heavy.

Stir the  $\frac{1}{2}$  cup of reserved sheep sorrel strained water into the egg yolk mixture and mix well to blend.

Pour the egg yolk mixture into a small stainless steel pan.

Cook over a low heat stirring constantly, until the mixture lightly coats the back of a spoon. Don't allow the mixture to boil or the eggs will curdle.

Remove the pan from the heat and allow the mixture to cool slightly.

Beat the egg whites in a small bowl until frothy. Pour the remaining  $\frac{1}{4}$  cup of sugar into the egg whites and beat the egg whites until they form stiff peaks.

Mix about a 1/3 a third of the egg white into the yolk mixture. Then, using a spatula or wooden spoon, gently fold in the rest of the egg whites into the egg yolk mixture.

Set the filling aside to cool completely and place in a covered bowl in the refrigerator overnight or for at least 8 hours.

When you are ready to make your pie: Prepare a 9" pie crust (bottom only) or use a purchased refrigerator one and place it in a pie pan.

Preheat the oven to 400F.

Fill the pie crust with filling from the refrigerator.

Bake the pie until the filling has firmed and is lightly browned on top.

Cool to room temperature and just before serving dust with confectioner's sugar.

Place a sorrel leaf on each serving for decoration.

*Serves 6-8.*