

Recipes



Sorrel *Rumex acetosa*, *R. scutatus*

Tips

- Select young leaves for fresh use in early spring.
- Cooking reduces the level of oxalic acid in the leaves.
- The leaves should be a bright green.
- Due to the oxalic acid present in the leaves, cook it in cast iron or unlined aluminum pans to minimize discoloration of the leaves.

Butter Braised Radishes

- 1 cup vegetable stock or water
- 1 tablespoon unsalted butter
- 2 pounds radishes with their greens, radishes quartered
- Salt and freshly ground pepper
- ½ ounce sorrel leaves, stemmed and thickly sliced (1 packed cup)

In a large skillet, bring the vegetable stock and butter to a boil over moderate heat. Add the radishes and cook, stirring occasionally, until they are crisp-tender and the liquid has thickened slightly, about 15 minutes. Season with salt and pepper and transfer to a shallow bowl. Scatter the sorrel over the top and serve.

Tony Maws
Food and Wine, July 2003

Herbal Garlic Soup

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| ¼ cup chopped fresh garlic | ½ cup chopped greens (spinach, dandelion, sorrel, or Swiss chard) |
| ¼ cup chopped celery or lovage leaves | 1 teaspoon chopped fresh thyme (lemon thyme is good) |
| 2 tablespoons olive oil | 1 tablespoon chopped fresh lemon balm |
| 1 teaspoon honey | 1 egg white |
| ½ teaspoon grated lemon peel | 2 tablespoon freshly grated Parmesan |
| 6 cups chicken or vegetable stock | 1 teaspoon calendula petals (seasonal) |
| ½ cup cooked, shredded chicken, if desired | |

Lightly sauté garlic and celery or lovage in olive oil, honey, and lemon until tender. Add chicken or vegetable stock and greens (also chicken if desired). Simmer for 15 minutes or until greens are soft. Add herbs and simmer an additional 5 minutes. Whisk in the egg white and remove from heat. Sprinkle with grated cheese and calendula leaves to serve. Yields 4 servings.

Ed Pierzynski, HSA South Jersey Unit
The Herb Society of America's Essential Guide to Growing and Cooking with Herbs
edited by Kathleen Schlosser

Picquant Green Sauce for Meats

- ½ cup extra virgin olive oil
- 2 tablespoons white wine vinegar
- 2 tablespoons water
- ¼ teaspoon sugar
- ½ teaspoon salt
- ¼ teaspoon freshly ground black pepper
- 1 tablespoon each chopped fresh chives, sorrel, parsley, watercress or nasturtium leaves, savory, dill, tarragon, and chervil (if some seasonal herbs are not available, use more of others)
- 1 tablespoon finely chopped yellow onion
- 1 tablespoon finely chopped leeks, white portion only
- 2 hard-boiled eggs, finely chopped

Using a wire whisk, combine olive oil and vinegar in a medium bowl to emulsify. Add sugar, salt, and pepper, mixing well. Fold in chopped herbs, onion, leeks, and eggs; taste for seasoning. Serve at once or within several hours to maintain the texture of the eggs. Serve with cold or hot meats, and poultry. Also good with duck.

In the style of Frankfurt, Germany, this condiment is the perfect foil for rich meats and poultry.

Madelene Hill and Gwen Barclay, The Flavor Connection, HSA Pioneer Unit
The Herb Society of America's Essential Guide to Growing and Cooking with Herbs
edited by Kathleen Schlosser

Do you have any recipes using Sorrel to share?

Contact educator@herbsociety.org