



Sorrel Soup

Serves 6

Ingredients:

- Big bunch of fresh sorrel, chopped
- 2 carrots, sliced
- 4 potatoes, chopped
- 1l vegetable stock
- 1 bay leaf
- 1tbsp butter
- 1tbsp plain flour
- 3tbsp soured cream
- fresh parsley (optional)
- salt and freshly ground pepper, to taste
- 2 hard-boiled eggs, to serve

Method:

1. Put sliced carrots and parsley (if using) in a pan
2. Pour over stock and bring to the boil
3. Add chopped potatoes and bay leaf
4. Simmer until vegetables are soft
5. In a frying pan, melt the butter and add chopped sorrel
6. Fry gently for about 10 minutes
7. Add to the soup and bring back to the boil
8. In a measuring jug, mix flour with the soured cream
9. Temper by adding a few ladles of hot soup, whisking constantly until smooth
10. Transfer the mixture to the soup and mix well
11. Add salt and pepper to taste
12. Simmer until thickened
13. Garnish with quartered hard-boiled egg and serve

