Sorrel soup

A classic way to cook sorrel and makes a tasty supper with some crusty bread. Serves 4 – 6 people.

300g sorrel leaves - stalks & mid ribs removed & shredded

25g butter

1 large onion - chopped

2 large potatoes - peeled and diced into 1 cm cubes

1 clove garlic - crushed

2 tbs chopped parsley

1 litre vegetable stock

Salt and black pepper

150ml crème fraiche

Wash the sorrel well and then transfer to a large pan and cook over a gentle heat until tender. No extra water need be added, just that which is clinging to the leaves after they have been washed.

Drain well in a colander.

Dry the pan and melt the butter.

Cook the onion and garlic over a medium to low heat until just soft but not brown.

Add the potatoes and parsley and cook a further 10 minutes.

Stir in the stock with a little salt and black pepper to taste, and simmer for 15 minutes.

Add the sorrel leaves and cook for a further 5 minutes.

Remove from the heat and when the soup has cooled a little, blend or liquidise until smooth.

Return to the pan and stir through the crème fraiche, reheat but do not allow to boil.

This is lovely with crusty bread, or for a more filling lunch try it with our Rosemary and Cheese Scone Roulade (under 'Herby Home Baking' in our recipe section).