



SORREL SOUP

- 1 onion, chopped
- 2 celery stalks, chopped
- 1 T olive oil
- 1/4 c dry white wine
- 1 quart filtered water
- 1/2 T olive oil
- 2 T spelt flour
- 2 c unsweetened soy milk
- sea salt to taste
- 1/2 c fresh parsley, washed, chopped
- 1 bunch sorrel, washed, stems on, chopped roughly

Directions: In large saucepan or stockpot with a tight cover, saute the onion and celery in the oil over medium-high heat until the onion is quite browned, stirring frequently, about 10 minutes in all. Add the wine, stirring until the liquid is absorbed. Add the water, bring to a simmer, and turn heat to low, covering pot. Simmer for 15 minutes.

For bechamel: in saute pan, cook the flour in the oil over low-medium heat, stirring constantly with a whisk for 2-3 minutes. Add the soy milk in a stream, whisking constantly, pausing and breaking up the lumps of flour before adding more milk. At the end, the sauce should be somewhat thick.

In a food processor, grind the stock until smooth. Then add the sorrel and parsley and continue to process until the big pieces have been cut by the blades. Return the mix to the stockpot, bring back to warm, and whisk in the bechamel. Salt to taste, and serve hot or cold.

Sorrel is one of my favorite flavors, and between growing up and having my own gardens, I have lived almost my entire life with a big sorrel patch behind my house from which to pilfer at will. However, I've seen that most farmers markets have at least one vendor who comes equipped with a good supply of fresh sorrel — get to know that person!

The flavor is lemony and slightly sour, and a sorrel soup makes a perfect palate-cleansing introduction to a larger meal. My version is without cream or meat stock, but the unique character of the herb carries the day, and you won't even be aware that those ingredients are missing.

My only problem with sorrel is that even slight cooking changes the color from a lovely light green to an alarming brown. I want the soup to look as green as it tastes, so I add parsley, which does the trick.

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