

**Rice and Sorrel Soup** (from *The Splendid Grain* by Rebecca Wood)

*According to Oriental medical theory, sorrel, one of the first vegetables of spring, supports the liver's ability to "spring clean." This fat-free soup is a good first course for an otherwise rich meal. You can make this soup with watercress, purslane, or lamb's quarter instead of sorrel.*

Serves 4

Ingredients:

1 leek, trimmed, cleaned and chopped

6 cups Shiitake Dashi stock

1/3 cup Arborio rice or short-grain white rice

6 cups finely chopped sorrel (about 8 ounces)

sea salt and freshly ground black pepper to taste

Instructions:

Combine the leek and just enough stock to cover in a medium saucepan over high heat and bring to a boil. Reduce the heat, cover and simmer for 5 minutes. Add the rice, the remaining stock and salt. Raise the heat and bring to a boil. Reduce the heat and simmer for 20 minutes, or until the rice is tender. Remove from the heat. Stir in 5 cups of the sorrel. Sprinkle with black pepper. Adjust the seasoning. Ladle into individual soup bowls, garnish with the remaining sorrel and serve.