

### **Sorrel Puree and Sauce** (“Mother Earth News” Feb/Mar 2013, Robin Mather)

Sorrel puree and sorrel sauce are both easy to make and quickly brighten simple dishes. Stir the puree into mashed potatoes and bean or pasta salads, or add it to your quiche and custard mixtures.

Gently simmer several cups of chopped sorrel in a tablespoon or two of water, until the large leaves are reduced like cooked spinach. Just a tiny amount of steam will effectively make their own sauce.

Stir in a pat or two of butter and remove from heat. Puree the mixture in a blender. Finish with salt and pepper, to taste, and serve hot or cold.

Transform this sorrel puree into a velvety sauce by adding an ounce or two of cream per cup of sauce along with minced fresh herbs such as mint, parsley, sage or thyme. Sorrel sauce is lovely drizzled over grilled, baked, poached or pan-fried fish.

Shad, an oily member of the herring family, is a classic French pairing for sorrel sauce.