Broad leaved Sorrel

Rumex acetosa



Height: 30 - 60cm (1-2ft)

Suitable for: Rich moist soil in sun or partial shade.

Summary: Sorrel has large bright green leaves held on strong stalks, and looks similar to spinach. The inconspicuous reddish flowers are best removed. It is grown for the fine lemony flavour of the leaves.

More information:

Broad leaved sorrel forms clumps of upright bright green foliage which have a sharp lemony taste. The young foliage is best for cooking with, the young leaves have a juicy, fleshy texture and are far nicer to use than the coarser, older ones. The leaves should be stripped from the stalks and midribs before use as these are stringy and tough. The lemony taste is quite strong so sorrel should be used sparingly in salads, sauces and soups.

~The leaves are excellent to add flavour to fish, whole fish can be stuffed with mint leaves and then wrapped in several layers of large sorrel leaves before barbecuing or baking in the oven.

~The finely chopped or shredded leaves can be added to an omelette just before it has finished cooking, or sprinkled lightly over poached eggs.

There are many recipes for sorrel soup, with sorrel either used alone or along with other milder flavoured vegetables. Whatever the recipe sorrel does not need a great deal of cooking and should be added near the end of the recipe

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).

Sorrel juice removes rust and mould stains, and an infusion used as a mouthwash soothes and heals sore

throats.