



SORREL, PARSLEY AND YOGURT DIP

Season:	Year round
From the garden:	Sorrel, parsley
Type:	Side dish / dip
Difficulty:	Easy
Serves:	40 tastes
Source:	"Vegetable Literacy" by Deborah Madison

Equipment

- Chopping board
- Knife
- Garlic press
- Measuring cup
- Tasting spoons
- Food processor
- Small bowl

Ingredients

- * About 2 cups of sorrel leaves
- * Small bunch of parsley
- * 1 garlic clove
- * Salt to taste
- * ½ cup full fat plain yoghurt or sour cream

Method

1. Wash sorrel. Remove leaves from the stems and measure approximately 2 cups worth. Tear the leaves into large pieces and place them in the food processor bowl.
2. Chop the ends off the garlic and peel it. Crush it in a garlic press. Put the crushed garlic into the food processor bowl with the sorrel.
3. Add the yoghurt to the food processor bowl and puree ingredients together until a smooth dip has been made. Transfer the dip to a small bowl.
4. Wash and finely chop the parsley and mix them through the dip.
5. Taste and season with salt as required
6. Cover and chill until ready to serve

Store covered in the refrigerator for several days.