



From the Chef's Corner @ Upper Meadows Farm

Sorrel Dip

Makes approximately 1 cup

Wash all produce prior to using

1 oz	"Upper Meadows Farm" Sorrel
2 oz	"Upper Meadows Farm" spring onion / red onion – use stem & bulbs
1 shot	Worcestershire sauce
6 oz	Sour cream
1 teaspoon	Lemon juice
Dash	Sea Salt
Dash	Cracked Black Pepper

In a food processor, add sorrel and onion (break into pieces to fit processor)

Pulse until chopped

Add sour cream and lemon juice

Pulse again until combined

Add salt, cracked pepper and dash of Worcestershire sauce

Pulse briefly until combined

Check flavor and consistency

Serve immediately or place in refrigerator (covered)

Perfect with fresh veggies as a dip

Plus serve with grilled, poached or roasted chicken, fish, shrimp or scallops

t – teaspoon

T – tablespoon

Jeffrey R. Perry CEC