

Cooking with Sheep Sorrel

Developed by Gayla Pedersen



MATERIALS: Trail Lemonade

Mug
Strainer
1/4 Cup Chopped Sorrel
1 1/2 Cups Boiling Water
1 Tbsp Honey (or to taste)

MATERIALS: Sauce or Pesto

Blender
Jar
1/4 Cup Chopped Sorrel
1 Tbsp Red Wine Vinegar
3 Tbsp Olive Oil
1/2 Tsp Salt
Optional:
1/4 Cup Parmesan
1/4 Cup Basil
1/2 Tsp Black Pepper
1 Tsp Red Chili Flakes

Notes on Harvesting:

This plant can often be found growing abundantly in disturbed soil including driveways, yards, and along roads. Be sure to harvest at least 40 feet from a main road and rinse plants in cool water thoroughly. When harvesting, choose areas where the plant grows in abundance and be careful not to uproot the plant or damage it unnecessarily. Use two hands if needed.

Consumption:

Start slowly when first consuming wild plants as they often contain incredible amounts of nutrients including vitamins minerals and trace elements. These can be disruptive to the digestive system if introduced abruptly.



Sheep Sorrel

Trail Lemonade:

1. Gather, rinse, and chop sorrel. 1/4 cup of chopped plants is enough to make lemonade for one person.
2. Add 1/4 cup of sorrel to a heat safe container, cover with 1 1/2 cups of boiling water, and allow to steep for 20 minutes.
3. Strain the sorrel tea into a jar and while the water is still warm add 1 Tbsp (or to your liking) of honey. You can use sugar or maple syrup as alternatives.
4. Chill your infusion. Add ice before drinking.

Sauce or Pesto:

1. Gather enough sorrel for the number of people you are feeding. For this recipe 1/4 cup feeds 2 people.
2. After gathering and rinsing your plants thoroughly, chop sorrel into fine pieces.
3. Add sorrel to a container appropriate for the amount of plants you have gathered. Add 3 tablespoons of olive oil and 1 tablespoon of red wine vinegar. *You can increase or decrease as much as you like in a 3 to 1 ratio.
4. Add a pinch of salt (or to taste).

Substitutions: lemon or lime juice for the red wine vinegar. Your favorite oil for the olive oil.

Optional additions: can include, but are not limited to: walnuts, Parmesan cheese, other culinary herbs such as basil or oregano, and spices like red pepper flakes or black pepper.

*Use a blender if you are making a large quantity.

A Note of Caution: All use of wild plants is done at the user's own risk. The Alutiiq Museum and its partners accept no responsibility for experimentation.

Produced with support from the Munartet Project and the Alaska State Council on the Arts.