

# Ukrainian Sorrel Soup (Schav)

Ellen Brown - "Soup of the Day: 150 Delicious and Comforting Recipes"  
Scripps Treasure Coast Newspapers

## Servings: 7

2 tablespoons unsalted butter  
1 pound fresh sorrel leaves, stemmed  
1 bunch scallions (white parts and 4-inches of green tops), sliced  
6 cups vegetable stock  
1 tablespoon fresh tarragon, chopped  
2 tablespoons granulated sugar  
3 tablespoons fresh lemon juice  
2 large egg yolks  
salt (to taste)  
freshly ground pepper (to taste)  
3 to 4 diced hard cooked eggs (for garnish)  
1/2 cup sour cream (for garnish)  
1/4 cup chopped fresh dill (for garnish)

Heat the butter in a four-quart soup pot over medium heat. Add the sorrel and scallions. Cook, stirring frequently, for 5 minutes or until the sorrel wilts.

Add the stock and tarragon. Bring to a boil over medium-high heat. Reduce the heat to low. Simmer, uncovered, for 20 minutes. Stir the sugar and lemon juice into the soup.

In a mixing bowl, beat the egg yolks with a whisk until thick and light yellow in color. Slowly beat about one cup of the hot soup into the egg yolks so that they are gradually warmed up. Return the egg and soup mixture to the pot.

Place the pot over medium-low heat and stir constantly, reaching all parts of the bottom of the pot, until the mixture reaches about 170 degrees on an instant-read thermometer (At this point it will begin to steam and thicken slightly. Do not allow the mixture to boil or the eggs will scramble.). Season to taste.

Refrigerate the soup until cold, at least four hours but preferably overnight.

Adjust the seasoning, if necessary.

To serve: ladle into bowls, topping each serving with diced eggs, sour cream and dill.

*The soup can be prepared up to two days in advance and refrigerated, tightly covered. Stir well before serving.*

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Per Serving (excluding unknown items): 201 Calories; 8g Fat (35.6% calories from fat); 6g Protein; 27g Carbohydrate; 3g Dietary Fiber; 72mg Cholesterol; 1396mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1 1/2 Fat; 0 Other Carbohydrates.

## Per Serving Nutritional Analysis

Calories (kcal):	201	Vitamin B6 (mg):	.1mg
% Calories from Fat:	35.6%	Vitamin B12 (mcg):	.2mcg
% Calories from Carbohydrates:	52.7%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	11.7%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	8g	Folacin (mcg):	26mcg
Saturated Fat (g):	3g	Niacin (mg):	2mg
Monounsaturated Fat (g):	2g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	2g	Alcohol (kcal):	0
Cholesterol (mg):	72mg	% Refuse:	0 0%
Carbohydrate (g):	27g	<b>Food Exchanges</b>	
Dietary Fiber (g):	3g	Grain (Starch):	1 1/2
Protein (g):	6g	Lean Meat:	0
Sodium (mg):	1396mg	Vegetable:	0
Potassium (mg):	347mg	Fruit:	0
Calcium (mg):	38mg	Non-Fat Milk:	0
Iron (mg):	2mg	Fat:	1 1/2
Zinc (mg):	2mg	Other Carbohydrates:	0
Vitamin C (mg):	7mg		
Vitamin A (i.u.):	3819IU		
Vitamin A (r.e.):	419RE		

## Nutrition Facts

Servings per Recipe: 7

### Amount Per Serving

**Calories** 201 Calories from Fat: 71

### % Daily Values\*

<b>Total Fat</b> 8g	12%
Saturated Fat 3g	16%
<b>Cholesterol</b> 72mg	24%
<b>Sodium</b> 1396mg	58%
<b>Total Carbohydrates</b> 27g	9%
Dietary Fiber 3g	11%
<b>Protein</b> 6g	
<b>Vitamin A</b>	76%
<b>Vitamin C</b>	12%
<b>Calcium</b>	4%
<b>Iron</b>	10%

\* Percent Daily Values are based on a 2000 calorie diet.