

7 HERB FRANKFURTER GREEN SAUCE

The 7 spring herbs traditionally used in Germany are: "Borretsch (Borage), Kerbel (Chervil), Kresse (Cress), Petersilie (Parsley), Pimpinelle (Salad Burnet), Sauerampfer (Sorrel) und Schnittlauch (Chives)".

This traditional recipe is based on the selection of herbs in the local region of Frankfurt, Germany in early spring before much else is available. I encourage the use of these herbs because the properties of spring herbs are especially beneficial for the body after a long winter; they are strong plant medicine and are more potent for cleansing, liver rejuvenation and are often used for specific nutritional support. The vitamins, trace minerals and fiber have a cleansing effect.

INGREDIENTS (4 servings):

2 hard-boiled egg yolks

1 tablespoon walnut oil (or other neutral oil)

2/3 cup strained Greek yogurt

2/3 cup buttermilk or plain yoghurt

2/3 cup sour cream or crème fraîche

10-12 ounces fresh herbs, about equal amounts of: parsley, garden cress, chives, borage, salad burnet, sorrel, chervil.

Add freshly ground pepper, salt and fresh lemon juice to taste

PREPARATION:

Mash the egg yolks with the oil and mix into a smooth paste.

Add a teaspoon or two of lemon juice.

Mix this with the cream, yogurt and sour cream, add the chopped herbs and season to taste with salt, lemon juice and pepper.

Process in blender until herbs are very small and bright green in color.

Serve cold over hard boiled eggs, hot over boiled potatoes, as a bread dip, as a salad dressing, as a dip for raw veggies and even for chips or crackers.

Substitute dairy with nut butters, oil/vinegar, beans/tofu, goat cheese, coconut cream, feel free to add or substitute with other fresh herbs in season: Dandelion leaves, lemon balm, dill, cilantro, fennel, miners lettuce, chickweed, purslane, lettuce, chard, kale, spinach, garlic sprouts, alfalfa sprouts, etc.

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