Oklahoma Cooks

Native American Dock Soup Originally aired 1/21/12

(Serves 4)

**Ingredients:**
- 2 Tb. Lard or olive oil
- ½ c. Yellow onions, medium dice
- 1 Tb. Garlic, chopped
- 1 Tb. Shallot, fine dice
- ¾ c. Riesling wine
- ¾ c. Chicken stock
- 2 tsp. Orange zest
- ½ tsp. Nutmeg
- 4 c. Dock cleaned, packed
- Salt to taste

**Garnish:**
- 2 Tb. Crème fraiche or sour cream
- 1 Tb. Caviar (optional)

**Equipment needed:**
- Chef’s knife
- Cutting board
- 2-qt. sauce pot
- Vita Mix or blender

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Instructions:

1. Preheat a 2-qt sauce pot on medium heat on the range. Add the lard and melt. Next add the onions, garlic, and shallots and cook for about 8 to 10 minutes or until lightly caramelized.

2. Add the Riesling to the pot and reduce by ½. Add the chicken stock after the wine is reduced and reduce the chicken stock by ⅓.

3. Add the 1 tsp. orange zest and nutmeg to the pot and cook for 1 minute. Add the dock to the sauce pot and cook for 3 minutes or until all of the dock has wilted.

4. Pour the soup base into a blender and puree on high until all of the mixture is smooth in texture.

To plate:
Divide the soup into 4 bowls.
Top with the crème fraiche first.
Next, top with the orange zest and the caviar on top.