

Sot Suppe (Norwegian Fruit Soup)

Sot Suppe, or Norwegian Fruit Soup, is one of those recipes that takes me straight back to my grandfather's table. Grandpa made fruit soup often, and I remember the apricots, raisins, big prunes and tapioca in the cold, sweet soup. I no longer have his original recipe, and I'm not sure where this particular version came from, but the ingredients match the fruit soup I remember so well. It may not be Grandpa's recipe in his own words, but it's the closest I've found to the Sot Suppe I grew up eating.



6 cups water

1/3 cup sugar

1 tablespoon quick-cooking tapioca

1/4 to 1/2 teaspoon cinnamon, depending on taste
(or use a cinnamon stick)

2 cups dried fruit, such as apples, apricots, peaches,
or a mixture

1 cup raisins, dark or golden

1 cup dried prunes

1 tablespoon lemon juice

(or 1 teaspoon dried lemon rind or several slices fresh lemon)

In a medium saucepan, combine the sugar, tapioca, cinnamon,
and water. Bring to a boil, stirring constantly.

Stir in the fruit, including the lemon if using sliced lemon,
and return to a boil. Cover and simmer for 15 minutes, or
until the fruit is tender.

If using lemon juice or dried lemon rind, stir it in after
the fruit is tender. If using sliced lemon, remove the lemon
rind before serving.

Chill and serve cold.

auntberthasrecipebox.com