Rose Hip Soup (Scandinavian Fruit Soup) Recipes

Woods Rose (*Rosa woodsii*): Grows in thick patches on road sides and floodplains, forming a refuge for small wild life. Sometimes 6 feet tall, the flowers commonly grow in clusters and vary in color from pale pink to deep rose. They are usually 2 inches in diameter. The seeds are enclosed in hips which turn bright red in the fall and are eaten by a variety of birds. The hips are gathered as food and Scandinavian settlers used them to make “fruits soup” which is extremely rich in vitamin C. The plants spread widely by underground rhizomes.


This is the basic recipe and method for Jewish Rosehip Soup. It is also popular in Iceland and parts of Scandinavia, where, because of the cold temperatures, it's often used for colds and sore throats.

Ingredients

- 1 litre fresh rosehips
- 2 litres water
- For each litre, 1 liquid quart of rosehip pulp
- 1 1/2 tablespoon sugar
- 1 1/2 tablespoon potato flour
- 1/4 cup almonds

Method

2. Press through a colander. Measure the pulp and dilute with water if necessary.
3. Bring the pulp to a boil and add sugar. Add more sugar if it is too tart.
4. Mix potato flour with some cold water. Thicken the soup while you stir and bring to a boil. Add blanched and shredded almond.

Notes, tips, and variations

- Hot soup is often served with vanilla ice cream and/or macaroons.
- Cold soup can be diluted to make a nice thirst-quencher.
The Icelandic recipe differs in that it contains less sugar (approx. 1 tbsp) and cornstarch is used to thicken.


**Rose hips** are the fruit of a variety of **rose** bush, and they make great **soup** with a hint of floral flavor.

**Prep Time:** 10 minutes  
**Cook Time:** 20 minutes  
**Total Time:** 30 minutes  

**Ingredients:**
- 1 quart rose hip juice or puree (fresh or canned)  
- 2 to 4 Tablespoons honey  
- 1 to 3 Tablespoons lemon juice or homemade cider vinegar, optional (Omit if using canned juice or puree.)  
- 1 Tablespoon potato starch, cornstarch, or tapioca granules  
- 6 (about) Tablespoons sour cream or yogurt, optional

**Preparation:**
Heat the **rose hips** juice or puree, **honey**, and lemon juice or **vinegar**. Adjust amounts of honey and lemon juice or vinegar to give a lively sweet tart flavor.

Mix the starch or tapioca in enough cold water to moisten it, and stir it in. Cook till the **soup** thickens slightly and clears. Float a spoon of **sour cream** or **yogurt** in each bowl of soup when it is served.

**Yield:** 5 to 6 medium bowls