



NETTLE AND POTATO SOUP

Stinging nettles are an excellent choice for making a tasty and warming soup.

Serves 4-6

YOU WILL NEED

- 50g butter
- 1 large onion, chopped
- 1 carrot, diced
- 2 large potatoes, thinly sliced
- 1litre vegetable stock
- 200g stinging nettle leaves, washed well
- 50ml double cream or creme fraiche

METHOD

- Start by melting the butter in a large saucepan. Then, add the onion, carrot, and potatoes, and cook for 10 minutes until the vegetables begin to soften.
- Next, add the stock and nettle leaves, and continue cooking for another 10-15 minutes, or until the potato is soft.
- Using an electric stick blender, puree the soup, season to taste, and stir in the cream or creme fraiche before serving.

TIP: Ideally, pick the stinging nettles before they flower in late May, and wear gloves to protect yourself from stings while gathering, washing, and cooking with the leaves.

