

How to make nettle soup

wildlife
watch



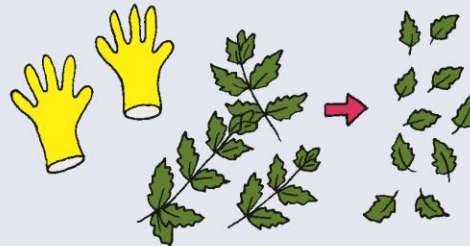
Get your gloves on to forage for nettles
- once cooked they taste a bit like spinach. Mmm!

You will need

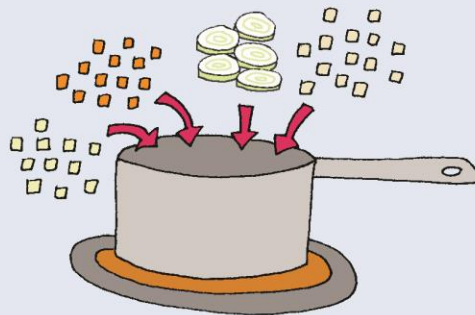
- Rubber gloves
- 400g stinging nettles
- 1 tbsp olive oil, plus extra for drizzling
- 1 onion, chopped
- 1 carrot, diced
- 1 leek, finely sliced
- 1 large floury potato, thinly sliced
- 1 litre vegetable stock
- 50g butter, diced
- 50ml double cream
- Large pan
- Wooden spoon
- Blender



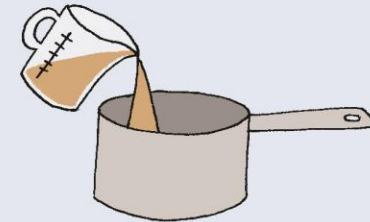
- 1 Wearing your rubber gloves, wash the nettles, then pick the leaves off the stalks.



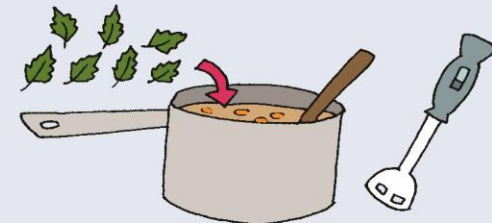
- 2 Heat the oil in a large saucepan over a medium heat. Add the onion, carrot, leek and potato, and cook for 10 minutes until the vegetables start to soften.



- 3 Add the stock and cook for a further 10-15 minutes until the potato is soft.



- 4 Add the nettle leaves, simmer for one minute to wilt, then blend the soup.



- 5 Season to taste, then stir in the butter and cream. Serve the soup drizzled with extra oil.

