



Nettle soup

Scotland's
*Natural
Garden*

Reconnecting People With Food From Nature



Nettle Soup

Nettles are a great source of vitamins and minerals.

INGREDIENTS

You will need:

- Half a carrier bag of stinging nettle tops (no stalks)
- 50g butter
- 1 large onion peeled and finely chopped (or a few wild garlic leaves),
- 1 litre vegetable or chicken stock, or even light fish stock
- 1 large potato, peeled and diced
- 1 large carrot, peeled and chopped
- Sea salt and freshly ground black pepper
- 2 tbsp crème fraîche
- A few drops of extra-virgin olive oil
- A few drops of Tabasco

METHOD

- Sort through the nettles, using rubber gloves. Wash them and drain in a colander.
- Melt the butter in a saucepan, add the onion and cook gently for 5-7 minutes until softened.
- Add the stock, nettles, potato and carrot. Bring to boil and simmer gently until the potato is soft, (c15 minutes).
- Remove from the heat.
- Blend or mash the soup to a purée and season with salt & pepper to taste.
- Ladle into warmed bowls and float a teaspoonful of creme fraiche on top.
- Add a few drops of extra-virgin olive oil and Tabasco to taste.
- Serves 4 - 6

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