



Seasonally inspired local food

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Nettle and Coconut Muffins/Cup Cakes/Buns – PJ taste Recipe

Utensils: Muffin tin or silicon mould to hold your paper muffin cases. Blender and mixing bowl

Making these recently I noticed a hint of mint on tasting one of them straight from the oven. Was it a consequence of the nettles minerally flavours combined with the other ingredients or did I inadvertently pick some apple mint whilst harvesting the nettles from my favourite spot in the forest garden? Whatever the reason it was a pleasant taste so I finished the buns with a mint flavoured glace icing .

Ingredients – to make 12-16 smallish cup cakes

100g of nettle tops – its quite a lot so don your gloves and go for it (1/4 of a small carrier bag)

200g of Soya or other plant based milk

1 tbsp lemon juice (half a lemon with the zest added if you like).

75ml of vegetable oil

200g castor sugar

150g plain flour (use gluten free flour if you like)

100g desiccated coconut

1 tsp bicarbonate of soda

Pinch of salt

Method

Pre-heat your oven to 170C (180C if not a fan oven)

Step 1 - pick just the tops from a patch of young nettles. If you garden without pesticides and other chemicals (highly recommended) they are likely to be highly nutritious drawing valuable minerals from the soil. If you have chefs hands you can do without gloves otherwise wear sensible PPE!

Step 2 - wash the nettles and steam in a little boiling water for a few minutes. Tip into a colander and squeeze out as much water as possible.

Step 3 - blend the nettles with your 200ml of plant based milk.

Step 4 - Pour into a bowl and add the vegetable oil, sugar, and coconut with the lemon juice/zest, bicarbonate of soda and a pinch of salt. Fold in the plain flour.

Step 5 - using a couple of dessert spoons drop the mixture into your muffin cases filling them 2/3 ish full.

Step 6 - bake for approx. 20 minutes until a skewer comes out clean

Decorating.

If you can't wait you can eat these just as they are. Otherwise top with your favourite butter cream or with this mint flavoured glaze icing:

Mix 100ml Of water (or mint infused water) with 200g icing sugar. Finely chop a handful of mint leaves and mix you're your icing. Adjust the mixture so that is just spoonable and spread carefully on top of your cup cakes perhaps finishing with a garnish of a small mint leaf.