



Seasonally inspired local food

Outside Catering • Meeting Space • Private Dining • Weddings

Nettle and Potato Soup – PJ taste Recipe

Utensils: A stick blender is handy for a smooth finish but not essential. Saucepan

The quickest and possibly most nutritious soup you can make.

Just 3 ingredients one of them foraged from your garden!

Ingredients

Good bowl of nettle tops

One large potato

One chicken or vegetable stock cube

Sorry fourth ingredient - 30ml olive oil, lard, ghee or mix with some butter for a slightly richer flavour.

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 - prep and dice one large potato.

Step 3 - add some olive oil or lard or other quality oil to your pan - great for health (best to avoid seed oils which often use a chemical extraction process and contain high levels of omega 6 rather than more useful omega 3).

Step 4 - add the potatoes and nettles and turn in the oil to coat. Pour in water to cover and add the stock cube.

Step 5 - when the potatoes are soft (only takes about 20 minutes) use a stick blender to process to a lovely smooth soup. Season to taste with salt and pepper, serve or chill and re-heat later.

Nettles have been used for centuries to detoxify the body, boost energy levels after the long winter and improve the nutrient uptake of the gut. In addition nettles are the host food of the peacock butterfly so by keeping a patch of nettles in the garden you can enjoy these amazing, colourful butterflies later in year.