

## Nettle Soup



**Serves:** 4-6

**Profitability:**

**Steps:**

Pick over the nettles leaves and wash them thoroughly

Melt the butter in a large pan and sweat the onion, plus the celery and garlic until soft but not brown

Add the stock and pile in the nettles

Bring to the boil and simmer for 5-10 minutes, until the nettles are tender

Season with salt, pepper and nutmeg

Puree the soup in a liquidizer

Return to a clean pan, stir in the cream and reheat, but do not let it boil

Check the seasoning, then serve, garnishing each bowl with a swirl of cream and a generous sprinkling of chopped herbs

**Ingredients:**

55g butter

2 onions medium, finely chopped

2 celery sticks, chopped

1 leek small, chopped

1 garlic clove large, crushed, or better still, 3 tbsps of chopped wild garlic

Pinch nutmeg

1 carrier bag young nettle leaves

1 ltr vegetable stock

2 tbsp thick cream or crème fraiche

Salt and pepper to taste

TO GARNISH

Little cream or crème fraiche

Small bunch chives, chopped

Few sprigs wild chervil or parsley, chopped

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