

SPRING COOKING

Foraging for natural ingredients is not only fun but can turn out as some seriously delicious recipes. The mice of Brambly Hedge love a good forage, preserving their fruit as jams and turning their vegetables into yummy dishes. Here's one we recommend for you to try!

Nettle Soup

Ingredients

- 2 x potatoes
- 1 x onion
- 2/3 x leeks
- 2 x garlic cloves
- Young nettle tops picked from the hedge-rows/ fields (please pick fresh nettles and only do under adult supervision)
- Vegetable or chicken stock (1 litre)
- Olive oil or butter
- Crusty bread (optional)
- Cheese (optional)
- Creme fraiche (optional)



Directions

- 1) Wash your nettle leaves in cold water. Leave to one side.
- 2) Chop and fry the onions, leeks, potatoes and garlic in olive oil or butter. When browned off, throw in the washed nettle leaves and stir well.
- 3) Make up your vegetable stock and add to the pan.
- 4) Simmer until soft (approx 10-15mins).
- 5) Liquidise (using a blender or food processor).
- 6) Have a taste! Add salt/pepper/nutmeg for taste depending on your preference.
- 7) Serve with crusty bread, a sprinkle of cheese, a swirl of crème fraiche (optional).
- 8) Eat and enjoy. Yummy!

