

NETTLE RECIPES

Alix's Nettle Chips

Harvest nettle leaves:

1. Choose shorter plants for more tasty leaves (Spring time is best)
2. With gloves and scissors, count three rows down from the top and cut the stem
3. Cut each leaf off into a paper bag.

Prepare and bake nettle leaves:

- Turn stove on medium low
- In a frying pan, put a small amount of olive oil
- Upturn leaves directly from bag into pan (I find nettles deep in the forest, so I do not wash them before cooking)
- Toss and turn leaves gently trying to spread oil all around
- Leaves turn bright green and become aromatic (the heat helps neutralize the formic acid out of the nettle)
- Place the leaves on a cookie sheet and sprinkle them with salt
- Put into a 350°F oven.
- Watch them carefully, moving around gently, now and then to get exposure to the oven heat.
- They are finished when they are crispy, yet still green.
- Mmmmmm

Eunice Blundt's Nettle Pesto

Gather a large basket of Nettles

Blanche and drain the nettle

Peel (2) heads of garlic

Have 3-4 cups of almonds or other nuts ready (raw unsalted)

Olive oil to lubricate

Using a Champion juicer or food processor, mix (2) fist fulls of nettles with one fist full of nuts, 1-2 cloves of garlic and a splash of olive oil. Grind and repeat until all the Ingredients are ground.

Stir in a large bowl to make sure all ingredients are well mixed.

Store in ice cube containers or other small, easy to defrost servings.

Once defrosted, salt and add cheese as you desire.

ENJOY!

Nettle Soup – a recipe from the Interwebs:

https://www.simplyrecipes.com/recipes/nettle_soup/

BONUS RECIPE: Nettle Pasta

INGREDIENTS

1 cup packed fresh nettle leaves (try to cut off the stem parts)

5 large eggs

3-4 cups all purpose flour, divided

Bring a large pot of salted water to a rolling boil. Carefully blanch the nettle leaves for 1 minute.

Strain and shock them in an ice water bath to immediately stop the cooking.

Squeeze out all the water and finely chop the cooled nettles. Set aside.

Crack eggs into a medium sized bowl and whisk in the finely chopped nettles.

Put **2** cups of the flour into a large mixing bowl and make a well in the center.

Pour in the egg mixture.

Gradually incorporate the flour into the egg mixture, adding more flour as needed.

When the dough comes together, knead for 10-15 minutes, until smooth.

Divide the dough into 3 oz balls, cover in plastic wrap and let rest for 20 minutes.

Roll into pasta sheets using a pasta machine.

Cook as you would any fresh pasta.