



JERNEJ KITCHEN

NETTLE SOUP WITH CHIVES

You don't need much for this awesome soup, just a saucepan, a few ingredients and a bit of good will to harvest the nettles.

SERVES	4	PEOPLE
PREPARATION:	15	MINUTES

NETTLE SOUP WITH CHIVES

1 onion
1 clove of garlic
4 handfuls of wild nettles
1 tsp baking soda
1 tbs olive oil
1 handful of chives and chive flowers
sea salt, black pepper
1 pinch of nutmeg

TOOLS AND EQUIPEMENT

kitchen knife
pot
saucepan
hand blender
plates

PREPARATION

Peel and chop the onions and garlic. Clean the nettles. Place a pot filled with 1 liter of water over medium-high heat. Add a teaspoon of baking soda. To remove the sting from the nettles, blanch them in a boiling water for about 30 seconds, then remove them immediately. Place them in a bowl, filled with iced water.

COOK

Place a saucepan over low heat. Add the olive oil and the chopped onion. Fry for about 5 minutes. Add the chopped garlic and fry for another minute. Add the nettles and 1 liter of cold water. Increase the heat. When the soup starts to boil, remove it from the heat and blend it into a smooth soup, using a hand-held blender. Add a pinch of nutmeg and season to taste with sea salt and black pepper.

SERVE

Chop the chives. Divide the nettle soup between your plates, add the chopped chives and chive flowers. Serve. To make it even more awesome, you can also add a bit of yogurt, nettle flowers or a poached egg.