
Tim's Nettle Soup

Tim's secret ingredient in this soup is the stinging nettle. It gives the delicious soup nutritional power and culinary interest. The nettle will benefit from heat for removing the sting but also to tenderize the leaf. Its fuzzy mouth-feel will diminish with cooking.

2 Tbsp. butter, divided
1 onion, chopped
garlic, chopped
½ lb. potatoes, peeled and chopped
6 cups chicken or vegetable broth

Stinging nettles (½ lb. - 1 lb)
Salt & pepper, to taste
¼ tsp. freshly grated nutmeg
½ cup heavy cream (optional)
Sheep cheese, sour cream, yogurt, or Horseradish Cream

Basically, start as you would many soup recipes... well, I suppose that's starting how I would make a soup, which is to sauté some onion, garlic and chopped potato on the bottom of a soup pot. How much is up to you. How much onion and garlic do you like? Me? I like LOTS!

Then, I fill the pot half way with water, or water and stock (vegetable or chicken broth). Turn on the heat.

Once the water is simmering, I jam the pot FULL of nettles. You can chop them up a bit if you like. It's a bit easier to make this way. I continue to simmer the soup until the potatoes are soft. Season with salt, pepper and nutmeg.

Stir in cream, if using. Season to taste with additional salt and pepper, if you like.

Serve hot, garnished with sheep's cheese, sour cream, yogurt, or Horseradish Cream, if you like.

Enjoy!

