

TREWITHEN DAIRY
GLYNN VALLEY · CORNWALL

NETTLE SOUP

INGREDIENTS

- 1 tbsp oil for frying
- 1 onion, peeled and sliced
- 2 celery stems, chopped (optional)
- 2 medium potatoes, scrubbed and finely chopped
- 500 ml Trewithen Dairy milk
- 500 ml hot vegetable stock
- 250 g nettle tops, washed

METHOD

Heat the oil in a large saucepan and when hot add the onion. Low the heat and allow to sweat with the lid on for 5 minutes. Stir in the celery (if using) and sweat for a further 5 minutes. Next, add the potatoes, milk and stock, bring to the boil and simmer for 10 minutes or until the potatoes are soft. Carefully add the nettle tops - either with gloves or two wooden spoons - and cook for a further 10 minutes. Blend in a food processor and serve in bowls with a swirl of sorrel and yoghurt dressing.

SORREL AND PENNYWORT DRESSING

INGREDIENTS

- 25 g sorrel leaves and stalks
- 3-5 small pennywort leaves and stalks (optional)
- 25 g three cornered leek, or 1 clove of garlic
- 250g creamy, Trewithen Dairy Yoghurt
- 15 ml extra virgin oil
- Sea salt and black pepper to taste



METHOD

Carefully wash the sorrel and pennyworts and pat dry. Place all the ingredients in a food blender and blend. Adjust the flavour and salt and pepper if required. Serve as a salad dressing or swirl in the top of nettle soup.