



## NETTLE SOUP

Prep: 1h – Serves 4 – Easy

1 onion  
1 small leek  
1 fennel bulb  
400g new potatoes  
4 handfuls trimmed and washed nettles\*  
30g butter  
2 garlic cloves  
1 tbsp summer savoury (Bounekräitchen)  
1.2l water  
4 Mettwurscht sausages  
cream, to serve  
salt and pepper

Peel and finely chop the onion. Trim the leek, cut lengthwise, then cut into slices and wash. Trim the fennel bulb and cut into small dice. Roughly chop the nettles and set aside.

Wash the new potatoes and cut the unpeeled potatoes into 2 cm cubes. Set aside.

Melt the butter in a large saucepan and fry the onion with a pinch of salt for 5 minutes until soft. Add the leek and fennel and sweat for a couple of minutes.

Peel and crush the garlic cloves and add to the onions, fry for another minute.

Add the nettles and fry until they have wilted completely. Add the summer savoury, potatoes and water and a good pinch of salt. Cover and bring to the boil, then simmer for 20 minutes until the potatoes are cooked through.

Meanwhile, slice the Mettwurscht sausages lengthwise and fry in a dry frying pan until browned. Transfer to a chopping board and cut into bite-sized chunks. Set aside.

Add the Mettwurscht pieces to the soup when you're ready to serve, adjust the seasoning with salt and pepper. Serve each portion of soup with a dash of cream.

\*You won't find nettles on supermarket shelves, so put on your wellies, grab some gardening gloves, and it's off to the fields or the forest! Generally nettle season starts in April and runs until the end of July. It's best to pick young nettles that don't have seeds growing on them yet, as old nettles tend to be quite woody and not very pleasant to eat. Thoroughly wash the nettles with plenty of water. Once they're wet, the nettles should no longer sting. Remove the stalks and only keep the leaves for cooking.