



## Swedish Nettle Soup

- 10 cups washed nettle leaves
- water to cover
- 3 Tbsp. butter
- 1/4 cup flour
- 1/2 cup finely chopped red onion
- 4 cloves finely chopped garlic
- 4 cups chicken stock
- 1 tsp. salt
- 1/2 tsp. white pepper
- 1 tsp. dried thyme
- 1/2 tsp. ground nutmeg
- 2 cups light cream or half-and-half (optional)
- 2 hard boiled eggs, chopped or cut into slices, for garnish (optional)

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### Preparation:

Harvest, prepare and wash a plastic bag-full of fresh stinging nettle leaves and smaller stems, about 10-12 cups.

Use slotted spoon to carefully place washed nettle leaves in large saucepan, without touching them. Add water to cover, and bring to a low simmer. Blanch leaves for 10-15 minutes, until tender (**Note:** they'll be safe to touch once blanched!)

Once blanched rinse leaves in cold water. Place blanched nettles with one cup of chicken stock into food processor and puree.

Heat butter and flour together in saucepan over medium-high heat to make a light roux. Lower heat to medium, add chopped red onion and garlic, and sauté until onion is opaque.

Whisk in remaining 3 cups of stock, salt, white pepper, thyme, and nutmeg, stirring until roux is well-incorporated. Stir in pureed nettle mixture, then gradually whisk in light cream or half-and-half. Heat until warmed through, about 10 minutes.

Pour into soup bowls, garnish with chopped or sliced hard-boiled eggs (optional), and serve.