



Stinging Nettle Soup II

serves 4-6

- 8 ounces freshly picked stinging nettles
- 1/2 tablespoon olive oil
- 1/2 tablespoon butter
- 1 large yellow onion, peeled and chopped
- 1 russet potato, peeled and chopped
- 6 cups nettle blanching water
- 1/3 cup heavy cream
- 6 heaping tablespoons Greek yogurt
- Flaky sea salt, for garnish

Set a large pot of water to boil over high heat.

While wearing sturdy gloves, pick over the nettles and discard any insects or extraneous plant matter. When the water boils, drop in 2 teaspoons of fine sea salt and use tongs to add the nettles. (Do this in batches, if needed.) Blanch for 1-2 minutes. Use tongs to remove cooked nettles to a bowl, and proceed to blanch the rest of the nettles, removing them to the bowl when done. Set aside blanching liquid to cool.

Gently squeeze and discard a bit of excess water from the nettles, then sort through them, discarding any tough stalks. Use a fine-mesh strainer to strain blanching liquid into a separate bowl or a large pitcher.

Place the butter and olive oil in a large pot over medium heat, add the onion and potato and sauté for about 5 minutes. Pour in 6 cups of the blanching liquid and simmer until potato is very tender, about 15 minutes. Add the nettles, and cook gently for an additional 3-5 minutes.

Working in batches, as needed, purée the soup in a Vitamix, food processor or blender until very smooth. Return to a clean pot on the stove over very low heat and stir in cream. Add salt to taste. Serve warm, topping each portion with a large dollop of yogurt and a sprinkling of flaky sea salt.