

NETTLE CRISPS

Tested by Class River, Summer 2024

Ingredients

- Freshly picked, washed new nettle leaves:
Pluck the fresh new leaves from the top of the nettle plant.
Don't use if there are little white seeds on the nettle, they are too old. The nettles will sting you if you are not careful. You can wear gloves, or carefully pinch the stem without accidentally stroking the leaf with your hand.
- Olive oil to fry, perhaps 2 tablespoons
- Salt, to taste

Equipment

- Paper towel on a plate
- Frying pan
- Tongs
- Plate
- Water and a sieve to wash and drain the nettles before using them

Method

1. Heat a small amount of oil in a pan. (Think more like frying an onion than deep frying a chip).
2. Add a few nettles at a time, they should quickly go crispy, don't burn them. Turn over to cook both sides using the tongs.
3. Carefully remove from the pan with tongs.
4. Put cooked nettles on the paper towel to get most of the oil off.
5. Sprinkle with salt to taste.
6. Eat and enjoy. You're safe, they won't sting you now! And they are EXTREMELY good for you.