

COOKING CUISINE

14th Sept 2022

Summer Sweetcorn Chowder with Nettle Rolls

Serves 4-6

Equipment

- Large sauce pan
- Food mixer or hand blender

Ingredients

- 2 tins of sweetcorn rinsed and drained
- or 6 fresh cobs, husks removed and kernels sliced off the cob
- 2-3 garlic gloves, minced or chopped
- 2 Tbsp extra virgin olive oil or butter (unsalted)
- 450gr/1lbs potatoes, peeled and diced
- ½ red onion sliced or diced
- 1 tsp paprika or smoked paprika
- ½ tsp cumin
- ¼ cup dry white wine or 2 tbsp apple cider vinegar
- 4 cups vegetable or chicken broth
- 1 cup milk or non-dairy milk of choice
- 2 Tbsp Greek yoghurt or sour cream
- Chives, jalapenos, cilantro (coriander leaves) or parsley



Directions

- Heat the oil in large sauce pan, add the onion and corn. Stirring occasionally, cook for 5-6 minutes until the onion softens and becomes translucent.
- Add the garlic and cook for a further 30 sec – 1 min
- Add the white wine or vinegar and stir everything through well.
- Add the remaining spices, potatoes and slowly add the broth. Stirring occasionally, cook for 20 minutes or until the potatoes are tender.
- Remove from the heat source and let cool for a few minutes then stir in the milk and yoghurt
- Transfer half the soup to a blender (or into another pot if using a hand blender). Blend and transfer back to the rest of the soup.
- Serve in bowls and garnish with herbs.

Tip: Add cooked shredded chicken breast. This soup can also be eaten cold and will keep in the fridge for 3-4 days and 2 months in the freezer.

Nettle Rolls

Serves 6

Equipment

- Kitchen machine or large bowl and wooden spoon
- Bowl or saucepan
- Kettle
- Gloves or tongues

Ingredients

- Dry yeast
- (activated in bowl with warm water & sugar)
- 500 gr organic whole wheat flour
- 1tbsp honey (warmed up and runny)
- 2Tbsp quality olive oil
- Salt to taste
- 2 handfulls of nettles tops
- 350 ml tepid water
- 1 egg (beaten)



Directions

- Wear gloves if necessary when handling the nettle tops!
- Place clean nettle leaves into a metal bowl or pot and pour boiling water from a kettle over the leaves. Alternatively, boil water in a saucepan and let nettle leaves steep for 1-2 minutes. This will remove the stingers.
- Drain the leaves in a colander.
- Set a large leave aside for each roll, chop the rest
- Add the flour, yeast and salt to a mixing bowl or kitchen machine, add the water, honey and oil and mix briefly.
- Add the chopped nettle leaves and mix into a soft dough.
- Turn the dough onto a floured surface if kneading by hand, and knead for 10 minutes or knead in kitchen machine until the dough is elastic and smooth
- Drizzle some olive oil into a bowl, brush or swirl around and place the dough ball into the bowl. Cover with plastic wrap or a damp kitchen towel and leave to rise for 1.5-2 hrs, or until it has doubled in size.
- When doubled in size, form 4-6 equal size bread rolls. Place on a baking paper lined baking tray cover again with a damp towel and let rise for another 45 min.
- Brush with the beaten egg mixture and place a nettle leaf on top of each roll (optional)
- Bake in the pre-heated oven for 35 min at 220°C or 200°C fan assisted. The rolls are ready when golden brown and give a hollow sound when lightly tapped at the bottom.