



## NETTLE SOUP

### Hot Soup Program

#### Ingredients:

a few handfuls of nettles gathered from  
the garden (or spinach with nettle powder)  
2 onions  
1 clove of garlic  
2 carrots  
1 potato

1 container of vegetable stock  
oil  
butter  
salt  
pepper

Gather the nettles (be sure to wear gloves). Rinse several times before use. Heat a small quantity of olive oil and add the onion and garlic. Lightly brown. Cut the carrots and potato into small pieces and add them to the onion and garlic mixture. Cook for about 15 minutes over medium heat, adding a little stock or water so that the carrots become tender. Sweat the nettle leaves and then cover and cook for 10 minutes over low heat. Add to the blender and select the “hot soup” function. Add a little clarified butter (Indian ghee), churned butter, or soy sauce. Add salt and pepper to taste.

#### TEFAL TIP:

Fennel seed facilitates digestion and imparts a pleasant aniseed taste, which perfectly complements the orange and sweet potato flavours.