



Stinging nettle fritters

This delicious Springtime favourite of ours is simple and suitable for anyone to try with adult supervision. I advise you to wear gloves when picking the nettles and use a pair of scissors to snip the nettles into a large bowl. At forest school we serve them with sweet chilli sauce but they're equally as yummy straight out of the pan!

Ingredients

75g stinging nettle leaves, rinsed
75g wild garlic leaves and stems, well rinsed and chopped
100g self-raising flour – gluten-free or wheat
¼ tsp dry mustard or wasabi powder (optional)
Refrigerator-cold soda water, enough for a batter the thickness of cream
Salt and pepper
Rapeseed oil for shallow frying

Method:

First task is to deal with the nettle leaves, the spring shoots are best, I use the top four nodes (top shoots), snip them off with scissors into a large bowl. Just rinse the leaves and pop into a pot of salted boiling water for one minute, drain and refresh with cold water.

Let the cooked nettles cool on some kitchen paper and squeeze gently the now-stingless leaves to remove excess water. Chop the leaves well and pop these into a mixing bowl and set aside.

Prepare chives, mint, chopped wild garlic, the flour, dry mustard/wasabi (optional) and seasoning then add this mix to the nettle leaves.

Mix well before adding in enough soda water for a 'single cream' batter.

Heat the oil in a deep saucepan or wok to about 170C, or until a cube of bread browns at one minute; any hotter and the batter will burn while the inside is uncooked.

Drop in large or small tablespoons of the mixture (try not to overcrowd the pan as it lowers the temperature) and turn with a slotted spoon when it becomes golden-coloured and crisp.

Pop the fritters onto kitchen paper and carry on with the remaining batter, perhaps keeping them warm in the oven as you carry on. Makes about 20 small fritters/12 larger ones