

Nettle Espuma

Pluck nettles using gloves so you don't get stung!

Blanch the nettles in boiling salted water until tender, drain then refresh them in iced water.

Puree with a small amount of the cooking liquid to form a paste.

In a pot melt 75 g of butter, add 225 ml cream and gently bring to a simmer, add some grated nutmeg and 200g of the nettle puree.

Blend and pass through a fine sieve.

Either use now or to create an Espuma; using an ISI cream charger fill to halfway with the nettle puree. Charge the gun with 3 cartridges.

Nettles are very good for the liver and taste delicious especially when they are young. Use in pasta dishes, on soups or as a vegetable side.

Courtesy of Lucinda at the Little Blackbird Eatery & Catering

