



Clint was there on the very first day we started to build, so I think it's only right that the very first recipe comes from him. He strimmed the path which became our main walkway to the site also called "Clints Way" and he helped pick up the stones to clean the ground for starting the work. He taught me this recipe one grey morning in Brighton.

This recipe is utterly delicious and puts a spring in your step! Sew your peas indoors or under cloches in February/ March, so you can have some earlies in May to make this soup.



Nettle soup

ingredients

- 1/2 carrier bag full of nettle tops
- 1 onion
- 2 garlic
- 1 large potato
- 1 litre water
- 2 t bouillon
- pinch of nutmeg
- 2 T crème fraiche/milk

method Fry onion and garlic. Add the nutmeg and fry for a minute. Add the potato, water and bouillon. Bring to the boil. Add the nettles. Reduce the heat to a simmer and cook until the potatoes are soft. Remove from the heat and season with salt and pepper. Puree the soup. Add the crème fraiche/ milk and serve.

cooks tip

Nettles are a free superfood available in spring and autumn. Stick to younger plants and only pick the tips. You can use them wherever you would another green like spinach, or try a nettle and parmesan pesto.