

MEMÓRIA DA TERRA

~ Cycles of study with Native Plants and Ancient Wisdom ~

Recipes with Nettles

PESTO

Ingredients:

- 2 handful of Nettle leaves
- 1 cup (200g) Sunflower seeds
- Juice from 1 lemon
- 2 tsp. Olive oil
- 1 fermented garlic (optional)
- Pinch of salt



Soak the sunflower seeds overnight.
In the next day, rinse the seeds with fresh water.
Add everything to a blender and mix it well.
Add a drizzle of olive oil on top and it's ready to serve.

The fermented garlic is an option of making the garlic easier to digest, and it's a powerful medicine for the immune system. To make it, simply add a brine (4 tsp. Sea salt for 1L water) to the peeled garlic cloves and wait for 1 month to have a complete fermentation cycle.

MISO BROTH

Ingredients:

- 2 handful Nettle leaves
- 2 medium sweet potatoes
- Fresh tofu
- Miso
- Water
- Pinch of salt

Cut the sweet potatoes and the tofu into small pieces.
Add to a cooking pan with fresh water and bring to heat.
When the water is boiling and the sweet potatoes are getting soft, add the nettle leaves and salt.
Leave for 3-5 min and turn off the fire.
Let it stay for a few minutes and then take a bit of the water to a bowl, add a tsp. of Miso and mix until it's dissolved in the water.
Add this water to the rest of the broth and mix gently.
Enjoy this warm and nourishing broth.

STEW WITH NETTLES

I make many kinds of stews with Nettles.

Here is a vegetarian recipe, but I also cook with meat (usually wild boar).

This is a simple recipe, you can add more herbs, spices and even vegetables. Be creative!

Ingredients:

- Nettle Leaves (you can choose how much you want, I like to add an abundant amount)
- 2 Sweet Potatoes
- 1 cup of chickpeas
- 1 Onion
- Olive Oil
- Salt and pepper

Start by making sautéed onions in olive oil until golden.

Add sweet potatoes in pieces. When the sweet potatoes are almost cooked, add the chickpeas (already cooked), the nettles, salt and pepper.

Stir for 5 minutes and it's ready.