



Cath's Weed Soup

Ingredients

A good bunch of mixed weeds – try stinging nettle tops, ground elder (young leaves), fat hen, goose grass, sorrel, garlic mustard, yarrow (young soft leaves), dandelion.

4-6 spring onions, sliced finely

Cup of frozen peas

Salt & pepper

Method

- Wash the weeds well and remove any tough stalks & caterpillars.
- Sweat the spring onions in a little butter or oil.
- Add the weeds and water to cover well.
- Bring to the boil, then turn the heat down and simmer until the weeds have wilted and softened – about twenty minutes should do it.
- Add the frozen peas, a little salt and pepper, and cook for a further 5-10 minutes. The peas serve as a thickener – you could use potato instead if you have no peas, but add it, diced, when you first put the weeds in. Peas make for a prettier soup.
- Liquidise/blend the soup.
- Adjust thickness if necessary by adding more boiling water. Check seasoning.
- Serve hot.