

How to make Nettle Crisps

You will need:

A colander/bowl to wash them in
A heat source
A suitable pan (ideally a frying pan)
A fork to turn them over with
A brush to coat mixture onto the nettles
Cooking oil
Syrup (like Maple or Birch)

Further equipment if your heat source is an open fire

A heatproof glove or similar oven mitt
A grill/stand to put your pan on



Step 1.

Make a mixture in a small bowl that is one third syrup and two thirds oil.

Step 2.

Heat your pan and add a bit of cooking oil. If you tip the angle of the pan, the oil will run slowly when cool, but faster when hot.

Step 3.

Once the oil is hot, stir the oil/syrup mix and drizzle some into the pan. Immediately after this, put your nettle tips into the mixture in the pan.

Step 4.

Use the fork to spread them out so they can't touch each other - it is important they have enough space to lose moisture and crisp up.

Step 5.

If needed, brush more oil/syrup mix onto the nettles and then flip them once they have started to go brown on the first side.

Step 6.

When the crisps have browned on both sides, take them off the heat and put into a bowl. If they are very oily, put them on a tea towel and this will absorb excess oil.

Step 7.

Season with a little bit of salt, and enjoy! You can experiment with other toppings, for example paprika or flaked chilies.