

# NETTLE PESTO WITH DONEGAL RAPESEED OIL

This recipe was sent to us by Simon Jennings from [www.irishkitchengarden.com](http://www.irishkitchengarden.com) who loves and uses Donegal Rapeseed Oil.

Thanks Simon!!

## Ingredients

100g Fresh Nettle Leaves, washed in cold water (not from roadside as may have been sprayed with herbicides!!!)

2 Garlic Cloves, core removed, finely chopped, or wild garlic if you have it (Simon's tip: Be careful not to confuse wild garlic with Lilly of the Valley)

50g (2 tablespoons) Pine Nuts, lightly toasted

60g grated hard cheese—Parmesan or even heel off a good mature cheddar

150ml Donegal Rapeseed Oil

Salt and Fresh Ground Pepper



## Method

Remember to wear kitchen gloves. Blanch the nettle leaves in well salted boiling water for a minute or two, this removes the sting and the salt helps retain the colour. Then plunge into iced water, again to retain texture and colour.

Drain and roughly chop removing as many stems as possible. Once they are cool put them in a colander to strain.

Next get a tea towel and put the nettles in it. Wrap one end of the towel one way and then the other end and squeeze out as much moisture as you can.

Crush the pine nuts lightly with a knife. Core and roughly chop the garlic. Add salt, pepper, cheese and nettles to a food processor and blitz.

Start adding the Donegal Rapeseed Oil. How much you add depends on how you are using your pesto. If you are making a spread as Simon does then about 100ml. If you plan on using it for pasta sauce then you will need more.

Either way you add it in to the blender at a slow, steady pour to incorporate it. Simon used 100ml in the blender and retained 50ml to cover it in the jar at the end. He tends to go for a dryer pesto as he figures if he uses it in pasta, minestrone or gnocchi he can add a little oil in to thin it out a bit more.

