

Nettle Barley Risotto

Ingredients (serves 2)

- 80g nettles
- 70g wild garlic (chopped)
- 3g dried kelp
- 200g pearl barley
- 500ml stock
- 200ml nettle & kelp water
- 40g parmesan cheese
- 2tbsp cream cheese
- 1 onion
- 3 garlic cloves (chopped)
- 3 tbsp of vegetable oil
- black pepper

Instructions

1. Put nettles and kelp into a pan and cover with water. Bring to a simmer and cook for 10 minutes. Drain, reserving the liquid. Remove the kelp, and squeeze the nettles to remove any excess liquid, then chop.
2. In a large frying pan or paella dish add 2 tablespoons of oil, and gently fry the onion for about 3 minutes until soft and translucent, next add the garlic and stir so as not to burn it.
3. Add another tablespoon of oil, then pour in the barley, add the chopped nettles and stir to coat.
4. Mix together 500ml of stock (I use a good chicken stock) with 200ml of the reserved nettle/kelp liquid, called from now on simply; the stock
5. Add a ladle of the stock, and stir continuously until it has been absorbed by the barley. Keep ladling the stock in small amounts until the barley is cooked. When you have only about 200ml left of the stock add in the chopped wild garlic. Remember to keep stirring all the time, so the barley doesn't burn.
6. When the barley is cooked, add the parmesan cheese, cream cheese and black pepper. Stir together and serve.

