

Make. Do. Share.

Make a dip using foraged ingredients

This simple nettle and sorrel dip can be made using ingredients found in the wild

Suitable for Scouts and Explorers

You will need (serves 4)

- gloves
- 150g green lentils (cooked)
- 2 handfuls or a full pint jug of fresh nettle tops (washed)
- 1 handful of sorrel leaves (washed)
- olive oil
- juice of ½ a lemon
- 2 tbsp chopped chives (or wild garlic if available)
- boiling water (Always supervise young people appropriately when handling boiling water.)
- chopping board
- sharp knife (Teach young people how to use sharp objects safely. Supervise them appropriately throughout. Store all sharp objects securely, out of the reach of young people.)
- saucepan
- spoon or masher
- knob of butter (optional)
- flatbread or pitta to serve
- salt and pepper to taste



Time needed
20 minutes

Badge



Victorinox partners the Scout Survival Skills Activity Badge

Partner



VICTORINOX

Outcomes

The young people will make a simple and inexpensive dish using foraged foods. It doesn't have many ingredients so could be done on camp. Young people could be inspired through their experiences to consider pursuing a career in nutrition, or as a chef.

More information

For more badge resources and activities go to scouts.org.uk/supporters/Victorinox.



Instructions

1 Check for any dietary requirements or allergies to the ingredients being used before proceeding. This recipe is vegan if you use oil instead of butter. Make sure a responsible adult is supervising the activity.

2 Blanch the nettle tops in boiling water for a couple of minutes to remove the stings. Carefully remove or drain and squeeze out as much water as you can, then place on a chopping board.

3 Put the lentils into a dry pan over a medium-low heat and add a few glugs of olive oil. Shake to mix.

4 Lay the sorrel leaves on top of the nettles and carefully chop both together as finely as you can. Add this to the lentils and mix. (You can add the butter at this point, or use a little more oil to keep it vegan).

5 As the mixture heats through, add the lemon juice, salt, pepper and any other herbs you want to use. Mash it together with the back of your spoon or a masher until it resembles a course pate.

6 Finally, remove from the heat and stir in the chives. Spoon into a serving bowl and eat with flat bread, pitta or serve as a side dish to your main course.

Recipe kindly provided by Wild Food UK

Wild garlic

Nettles

Sorrel

How to pick nettles

Always wear gloves when picking nettles, and pick the tops of the stems (the brightest green bit). The sting will be removed when you blanch (briefly boil) them in hot water.

Did you know?

Nettles are a superfood, containing loads of vitamins, nutrients and anti-oxidants.

