



No More Empty Pots
Community Education Virtual Programming



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→ HOW TO MAKE
**NETTLE
NOODLES**

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NETTLE NOODLES: →

KEY INGREDIENTS

Nettle Powder

- Prepared from dried wild stinging nettle
- Also called nettle flour
- Dried nettles are commercially available
- Easy to prepare DIY dried nettles from freshly spring harvested nettles





DRY NETTLES YOURSELF!

- Dry nettles for future use
 - Historically, most common method,
 - Dry until brittle before storage
 - Any moisture causes mold
- Select stems no more than about 6 inches
 - Hang in a dry, place away from dust and sunlight
 - Lay on screen with good airflow above and below screen
 - Use a dehydrator



- Store in in airtight container, away from direct light
- Label with name and date (dried leaves all look alike)



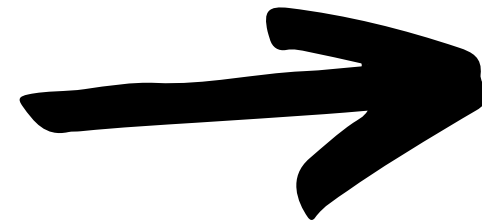
INGREDIENTS

- 1 1 eggs
- 2 1 cup flour
- 3 4 Tablespoons nettle powder
- 4 1 teaspoon salt
- 5 6-8 Tablespoons cold water

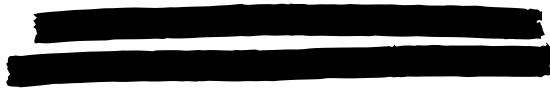




MAKE NETTLE FLOUR



- Crush dried leaves into powder
- Mortar and pestle
- Food processor
- Sift to eliminate any tiny stems





NETTLE NOODLE

DIRECTIONS

1. Using fork, beat egg
2. Add sifted flour, nettle flour and salt
3. Stir well
4. Add cold water. Begin with 5 tablespoons, working into the flour, then add 1 tablespoon at a time to make firm, pliable dough that does not stick to your hands
5. Knead dough only until it holds together well





DIRECTIONS CONT'D

6. Allow dough to rest for about 5 minutes
7. Divide dough in half
8. With rolling pin, roll each half on lightly floured surface until very thin
9. If dough sticks, dust with flour and flip over, continuing to roll out very thin
10. Carefully roll dough up into a loose roll, then transfer to a cutting board
11. With sharp knife, cut rolled dough diagonally into strips $\frac{1}{4}$ - $\frac{1}{2}$ inch wide
12. Unroll noodles and toss lightly with flour to prevent sticking





NETTLE NOODLE SOUP

- 4 cups water
- 1 batch noodles
- Bring water to boil
- Drop noodles a few at a time into boiling water
- Cook until tender
- Season to taste
- Herbs such as green onions, basil, parsley, or a handful of dried nettles make good additions

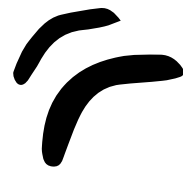




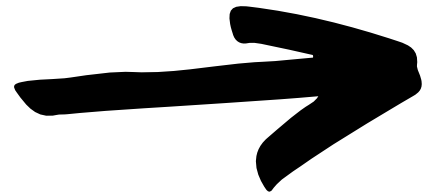
NETTLE NOODLES AS A SIDE DISH

- 3 cups of liquid
- After noodles have cooked, turn off heat
- Cover and allow to remain in pot for about 15 minutes
- Add butter or other seasonings





A NOTE ABOUT NETTLES



- Nettles have the unique ability to retain quality—flavor, color and nutrition after being dried.
- For nettle flour, leave leaves whole until ready to powder
- Used dried nettles within 9 months.
- Add to soups, vegetable stews, for tea, and especially good in cream of potato soup.



IF YOU HAVE
ANY
QUESTIONS

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