

# KINDNESS CAFÉ

## SATURDAY'S MENU

### **BACKSTAGE** at the Festival Kitchen

There's a lot of work that goes on behind the scenes here at Norfolk and Waveney Mind...including, well, baking!

Today's recipe is for **nettle pie** and has been shared by our very own Caroline Fernandez. Caroline is Manager of **Community Roots**, an entire acre of beautiful community garden, which offers a multitude of wellbeing activities as well as a wealth of nature! For more information on this horticultural wellbeing service, please visit: [www.norfolkandwaveneymind.org.uk/how-we-can-help-you/support-and-groups/gardening-and-nature/community-roots](http://www.norfolkandwaveneymind.org.uk/how-we-can-help-you/support-and-groups/gardening-and-nature/community-roots)

Superstar ingredient: wild nettles

Nettles are an ancient ingredient, and have been used in cooking throughout the ages. They have a spinach-like flavour and provide a wide variety of nutrients: vitamins, including vitamins A, C, K and several B vitamins, and minerals such as iron, magnesium and calcium. They may reduce inflammation and possibly lower blood pressure.

The idea of foraging for your own food might be a new one, but give it a go – just ensure that the nettles haven't been sprayed (this might mean cultivating your own patch, or researching upkeep of local woodlands), and that you wear a thick pair of gloves!



It's time to forage for a festival feast!

# KINDNESS CAFÉ

## Backstage Baking!

### Nettle Pie

By Caroline Fernandez, Community Roots

This recipe is based upon a classic *Spanakopita*, a Greek spinach pie. I have improvised this version with what I had, and **all measurements are approximate!** I also cannot eat gluten, so this is a gluten-free recipe.



### INGREDIENTS

- Two packs gluten-free pastry
- Approx. 150g garlic and herb soft cheese (I used Boursin)
- 4 eggs
- A big bowl full of nettles, approx. 200-300g (remove any thick coarse stalks first and wash thoroughly before use. Please handle with care!)
- 2 large cloves of garlic
- 1 onion, finely chopped
- 1 tablespoon olive oil
- Herbs - if using dried, then about 2 teaspoons of either basil, dill or mixed herbs
- if using fresh, then approximately 2 tablespoons, chopped finely
- Ground black pepper

### METHOD

- Pre-heat the oven to 180 degrees Celsius.
- Roll out enough pastry for the base and place in a lightly oiled pie dish.
- Sauté the chopped onion in the olive oil and stir in the garlic.
- Add the chopped nettles and fry gently, stirring until wilted and softened. Turn off heat.
- Beat eggs in a bowl, add the soft cheese and beat again thoroughly.
- Add the cooked nettles, onion and garlic and mix thoroughly .
- Season to taste with salt and pepper. You may not need much salt, as the cheese is already salty.
- Place in the pie dish.
- Roll out the remaining pastry to make a lid. Place lid on, sealing the edges with water.
- Poke an air hole in the middle with a knife.
- Brush the top with milk or beaten egg to brown.
- Cook until the pie is brown and coming away from the edges of the dish.
- Can be served hot or cold.

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## SATURDAY'S MOCKTAIL

Today, why not try the classic mojito, but without the rum? This recipe features more fresh leaves - this time, a small bunch of mint leaves. This recipe is from the BBC Good Food website and can be found here: <https://www.bbcgoodfood.com/recipes/mojito-mocktail>

*THE BELOW RECIPE IS © Good Food Magazine, August 2011*

### Mojito Mocktail

Try a refreshing, non-alcoholic mojito cocktail recipe that skips the usual rum to create a booze-free blend for parties *(and the Festival of Kindness!)*.

Serves: 2

#### INGREDIENTS

- 1 tbsp sugar
- Small bunch mint
- 3 limes, juiced
- Soda water

#### METHOD

- Muddle the sugar with leaves from the mint using a pestle and mortar (or use a small bowl and the end of a rolling pin).
- Put a handful of crushed ice into 2 tall glasses.
- Divide the lime juice between the glasses with the mint mix.
- Add a straw and top up with soda water.



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