

*Quantities of wild food vary according to personal preferences
and availability.*

Mix according to your own taste – eat wild and go wild!

Wild Nettle Seed Dip

2-3 heaped teaspoons of dried nettle seeds (or dried nettle leaves)

Crème fraiche

Rahka (quark)

Pepper (white or black)

Lemon rind, finely grated

Fresh herbs finely chopped

Add 2-3 tablespoons of each of the ingredients, lemon and seasoning, gently mix and then taste. You may want to add some more lemon rind or pepper, or soften the mixture with more crème fraiche. Go wild and make the flavour your own!

The flavour of the nettles will develop over time.

Serve with a selection of flat breads (rieska) and/or rye breads.

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