

Garlic and Herb Vegan Nettle Breadsticks (*Urtica dioica*)

Ingredients

- 2 ¼ tsp. instant yeast
- 1 tbsp. sugar
- 50g fresh stinging nettle tips or leaves
- 3 ½ cups all-purpose flour
- 1 tsp. salt, plus more to taste
- 2 tbsp. olive oil
- 2 tbsp. vegan butter
- 2 clove garlic
- ½ tsp. dried parsley
- ½ tsp. dried oregano
- ½ tsp. dried rosemary
- ½ tsp. dried basil
- ½ tsp. dried thyme

Steps

1. In a bowl, combine 1 cup warm water with the instant yeast and sugar, mix, and set aside for around 5 minutes.
2. While the yeast sits, rinse off the nettles and place in a food processor. Pulse 20 or so times, scraping down the sides once or twice, until it is all finely chopped (at this point the nettles will no longer sting you). Remove 1 tsp. of the finely chopped nettles and set aside.
3. Add the flour and salt in a large mixing bowl, and whisk to combine. Then add the nettles (aside from the tsp. previously set aside), olive oil, and yeast mixture, and combine. Once it starts to come together as a dough, place on a clean and lightly floured surface, and kneed for 3-4 minutes until firm. You'll know you've kneaded enough when you poke it with your finger, and the dough slowly rises back up. Add a little oil to a mixing bowl, cover in with a clean cloth and place in a warm spot for an hour, until it has doubled in size.
4. Once the dough has risen, punch it down, give it a couple kneads and then divide it into 12 even pieces. Prepare a baking sheet with a silicone mat or parchment paper. Roll out one of the dough pieces into a long snake, about 12-18 inches long. Bring the two ends of the dough together, and then twist to create the shape of the breadstick. Place on the baking sheet and prepare the other 11 breadsticks, leaving



room between the breadsticks for them to grow. Once all the breadsticks are shaped, place on top of the oven and preheat to 425°F (220°C), and let them do a short second proof while the oven preheats.

5. Once the oven is heated, place the breadsticks in for about 15 minutes, until golden. While they cook, melt the vegan butter and place in a small bowl. Finely mince the garlic, and add to the bowl along with the tsp. of nettle you set aside. Also add all the spices and salt, to taste, and stir. When the breadsticks are cooked, remove from the oven and brush to cover with the garlic herb butter. Let cool a little, and enjoy.