

URBAN PIZZA

WITH NETTLE PESTO, CHESTNUTS AND DANDELIONS

the foraging checklist!

☐ DANDELION

ABOUT

Dandelions contain beta-carotene, which is an antioxidant that helps protect cells from damage. The leaves have a unique flavor, both earthy and bitter—it's similar to endive or radicchio.

WHERE TO FIND IT

Dandelions are pretty easy to find plants. The only thing to keep in mind is to harvest in areas that would not be sprayed with pesticides (avoid the side of the road, as city workers tend to spray weed killer there). Open fields, private property, parks, alleyways, and other places that are not tended to by the city are best.

PARKS **ALLEYWAYS** **OPEN FIELDS**

☐ CHESTNUTS

ABOUT

Do not confuse the horse chestnut for an edible chestnut tree. Their husks are mostly smooth, with a small number of bumpy spines. You could easily pick a husk up without gloves. That's not the case with sweet chestnuts. So make sure you pick the spikey ones as in the picture!

WHERE TO FIND IT

You may find chestnuts trees in your city depending on where you are. Parks, big avenues and woods at the edge of the city are the places to go. Wait for the chestnuts to fall to the ground and gather the ones with open burrs. You'll definitely want gloves for this job!

PARKS **BIG AVENUES** **WOODS**



*mild taste between
argula and spinach*

☐ NETTLE

ABOUT

A superfood with fantastic nutritional value and high in vitamins. And the good news is that once its poisonous leaves are cooked, the stinging compound completely goes away.

WHERE TO FIND IT

Nettle also pops up pretty much everywhere. You'll find them growing along fencerows, neglected areas of parks and gardens, as well as in abandoned property. Make sure to bring some gloves with you, as their sting can be quite annoying! Another trick is to hold the leaves from the back side, as that part is not poisonous.

FENCEROWS **NEGLECTED AREAS**

☐ PINE NUTS

ABOUT

Depending on how green/closed your pine cones are, you may want to dry them to get the pine nuts easily. Just pop them in the oven for about half an hour at 220°C and they'll be ready to get craked open! Pine nuts are packed with minerals, vitamins, antioxidants and those good healthy fats.

WHERE TO FIND IT

As with chestnut trees, you may find pine trees in your city depending on where you are. Parks, big avenues and woods at the edge of the city are again good places to look.

PARKS **BIG AVENUES** **WOODS**

about the recipe

A really approachable recipe for the novice urban foragers. We have selected four easy to find ingredients that are in season right now. Feel free to tweak the recipe to your liking and substitute the ones you can't find for their more commercial version as suggested on the ingredient list. Now go explore and have fun! That's the whole point of it.

INGREDIENTS

Pizza / flatbread dough	30 gr pine nuts	2 springs rosemary
350 gr chestnuts	50 gr dandelions (commercial sub: argula)	1 tsp chili flakes <i>you can also find it wild in some cities !!</i>
150 gr nettle leaves (commercial sub: basil leaves)	200 gr fresh mozzarella (optional)	Salt & pepper
		Olive oil

skip for vegan version!

PREPARATION

01

Let's start with the chestnuts. Preheat the oven to 220°C. Using small, sharp knife, make an X-shaped cut on the round side of each chestnut. This will let the steam scape and will make them easier to peel later on. Arrange them on a baking tray and roast them until the skins have pulled back from the cuts (this will take at least 15 to 20 minutes). Once done, wrap them in a wet kitchen towel and leave to rest for 10 minutes.

02

While the chestnuts cook, lets prepare the pesto for the base of the pizza. First, heat a pan on medium high and lightly toast the pine nuts with a bit of oil until golden brown. Then, add the nettle leaves and sauté them until soft. On a food processor or with a stand mixer, blend the pine nuts, nettle, olive oil, salt and pepper. Pesto is ready!

03

Now let's go back to the chestnuts. Pull and snap off the dark shells to reveal the yellowish white chestnuts. While peeling, make sure to also remove the papery skin between the shell and the chestnut! Put them in a bowl to season. You can go for the spice mix of your choice; we added some chili flakes and rosemary, but feel free to experiment!

04

Okay, now we are ready to assembly. Roll your pizza dough and spread a generous layer of the nettle pesto. Now add some mozzarella or the cheese of your choice. You can totally leave it out for a still delicious vegan version. Then, add the roasted chestnuts and drizzle everything with some olive oil. Pop in the oven (same 220°C as before) for about 10 min.

05

While the pizza cooks, we can prepare the dandelions. We are going to use both the leaves and the flowers, so make sure to wash them well as we'll be adding them fresh. Cut out the tender leaves and select a few flowers. Once the pizza is ready garnish with the leaves and decorate with some of the beautiful dandelion petals. Serve while still hot!

Enjoy!



*these are the
edible ones !!*

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