



Green garden soup

By Rebecca Sullivan and Damien Coulthard | Authors of *First Nations Food Companion*

This is the goods. Jam-packed with nutrients, and native ingredients to pique your palate – think warrigal greens, sea celery and saltbush – as well as the ability to adapt to whatever’s in your garden, this is a soup to suit all occasions. Enjoy foraging for wild leaves, but as Rebecca Sullivan explains: *“Be absolutely positive of your identification before you harvest any wild food, as some plants are toxic... Positively ID three times, always. It’s also a good idea to consult with local Indigenous peoples, herbalists, botanists and experts. But if in any doubt, the best advice is: do not pick!”*

Fresh from the garden: wild leaves, warrigal greens, purslane or bower spinach, onion, sea celery, garlic, pepperberry, sea rosemary, saltbush, lemon, edible flowers

INGREDIENTS

2 cups (90 g) wild leaves, chopped (this could be dandelion, nettle or any other edible wild leaves)
1 cup (45 g) warrigal greens
½ cup (25 g) purslane or bower spinach
20 g butter
1 brown onion, diced
2 island sea celery sprigs, chopped
2 garlic cloves, finely chopped
Salt and ground pepperberry, to taste
2 cups (500 ml) vegetable stock
1 sea rosemary sprig, leaves chopped
5 saltbush leaves, chopped
Finely grated zest of 1 lemon
1 parmesan rind (optional)
1 cup (250 ml) pure cream
Edible flowers, to serve

Blanch wild leaves, warrigal greens and purslane in a large saucepan of boiling water for 1 minute, then plunge into iced water. Drain.

Melt butter in a large saucepan over medium heat, add onion, celery and garlic and stir occasionally for 5 minutes until softened. Season to taste with salt and ground pepperberry, then add stock, sea rosemary, saltbush, lemon zest, parmesan rind (if using) and blanched leaves and bring to a simmer. Cover with a lid, reduce heat to medium-low and simmer, stirring occasionally, for 4-5 minutes or until everything has collapsed.

Remove parmesan rind and discard. Cool soup slightly, then pour into a blender and blend until smooth. Return to saucepan, stir in the cream, season to taste and reheat gently (without boiling) until hot. Ladle into soup bowls and serve topped with edible flowers.

SERVES 2

SUBSTITUTION OPTIONS:

Warrigal greens → spinach
Purslane or bower spinach → spinach
Island sea celery → celery
Pepperberry → pepper or dried chilli flakes
Sea rosemary → rosemary
Saltbush → extra salt

NOTES:

Nettles are best harvested in spring, before flowering. Wear gloves!

