

Nettle Cupcakes with Doug Fir Tip icing

Ingredients

- 100g (2 cups, packed) raw young nettle leaves (use the top 4-6 leaves)
- 200g (3/4 cup) unsalted butter, softened
- 150g (3/4 cup) granulated sugar
- 3 eggs
- 2 teaspoons vanilla extract
- zest and juice of ½ lemon
- 250g (2 cups) plain flour
- 2 teaspoons baking powder
- ½ teaspoon salt

Icing

- 150g (2/3 cup) unsalted butter, softened
- 300g (2 ½ cups) powdered icing sugar
- 2 tbsp doug [fir infused simple syrup](#)
- 2 tbsp finely chopped fresh doug fir tips

Instructions

1. Preheat oven to 170C/325F and line a muffin tin with liners.
2. Using rubber gloves, carefully wash the stinging nettle leaves and remove any stems. Place in a pan of boiling water and boil for 2-3 minutes. The sting will be removed with the boiling. Refresh by running under cold water, drain and puree well with a hand held stick blender. Set aside.
3. In a large bowl, cream together the butter and sugar until light and fluffy. Beat in the eggs, one at a time, then beat in the nettles, vanilla, zest and lemon juice.
4. Sift in the flour, baking powder and salt and stir to gently combine.
5. Spoon the mixture into the liners to fill ¾ full, then bake for 15 minutes or until an inserted skewer comes out clean. Cool for 5 minutes in the tins and move to a wire rack to cool completely before icing.
6. For the icing, cream the butter in a large bowl until fluffy. Add in the icing sugar, simple syrup and fir tips and beat.

Adapted from a recipe for nettle and lavender cupcakes at
<https://veggiedesserts.co.uk/lemon-stinging-nettle-cupcakes-lavender-icing/>