**Urban Pizza**

**With Nettle Pesto, Chestnuts and Dandelions**

**The Foraging Checklist**

| Dandelion | Nettle | Chestnuts | Pine Nuts |

**About Dandelion**
Dandelions contain beta-carotene, which is an antioxidant that helps protect the cells from damage. The leaves have a unique flavor, both earthy and bitter—it’s similar to edible radishes.

**Where to Find It**
Dandelions are pretty easy to find plains. 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, alleys, and other places that are not tended to by the city are best.

**About Nettle**
A superbfood with fantastic nutritional value and rich in vitamins, but the raw nettles are toxic, so you’ll need to boil the leaves before using them in your dish. Once cooked, the sting disappears.

**Where to Find It**
Nettle also pops up pretty much everywhere. You’ll find them growing along fences, neglected areas of parks and gardens, as well as in abandoned properties. Make sure to bring some gloves with you, as the sting can be quite amusing! Another trick is to hold the leaves from the back side, as the pain is not poisonous.

**About Chestnuts**
Do not confuse the horse chestnut for an edible chestnut tree. They look almost identical, with a small number of bumps on its skin. You could easily pick a buckhorn without thinking, and that’s not the same thing we’re after! To make sure you pick the right one, use this picture.

**Where to Find It**
You may find chestnut trees in your city depending on where you live. Parks, big avenues, and woods at the edge of the city are the places to go. Wind may play with the chestnut forest, and gather the nuts with open hands. You’ll definitely want gloves for this job!

**About Pine Nuts**
Depending on how green the pine cones are, you may want to let them get the pine nuts easier. Just pick them up to the edge for about half an hour at 220°C and then if they’re ready to go, crack them open! Pine nuts are packed with minerals, vitamins, antioxidants and those good fatty fats.

**Where to Find It**
After you have harvested the shell, 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.

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**Ingredients**

- Pizza / Flatbread dough
- 30 g pine nuts
- 2 sprigs rosemary
- 350 g chestnuts
- 50 g dandelions (commercial subargula)
- 150 ml creamy herbs (commercial sub basil leaves)
- 20 g prosciutto di parma (optional)
- 1 tsp chilli flakes
- Salt & pepper
- Olive oil

**Preparation**

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 be the steam escape and will make them easier to peel later on. Arrange them on a baking tray and roast them until their skins have pulled back from the end (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.

While the chestnuts cook, let’s 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!

Now let’s go back to the chestnuts. Put 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 chilli flakes and rosemary, but feel free to experiment!

Okay, now we are ready to assemble. Roll your pizza dough and spread a generous layer of the white 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) for about for about 10 mins.

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!
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