

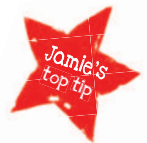
Leek and potato soup

Serves 4



Equipment list

- Weighing scales
- Chopping board
- Knife
- Colander
- Y-shaped peeler
- Large saucepan with lid (25cm)
- Measuring spoons
- Wooden spoon
- Measuring jug
- Stick blender
- Ladle
- Serving bowls



Leeks have an exceptional flavour, especially when cooked slowly and softly, and can add a sweetness to a dish in a similar way to their cousin, the onion. If you've grown your own, you can pick them when they're small and the thickness of a pen, or you leave them to grow and harvest them when they're massive triffids! All you need to remember is that the smaller they are, the less cooking they need.



Leek and potato is one of those classic soup combos. It's the perfect thing to tuck into on colder days because it's really hearty and comforting.

Ingredients

- 4 large leeks (roughly 1kg)
- 3 large potatoes (roughly 600g)
- 2 tablespoons olive oil
- 1 organic vegetable stock cube or 800ml hot fresh vegetable stock
- 200ml milk
- sea salt and freshly ground pepper
- optional:** ½ a bunch of fresh chives
- optional:** 4 teaspoons natural yoghurt

Allergy info  dairy, milk



For nutritional information ask your teacher.

Here's how to make it

- 1** On a chopping board, slice the leeks in half lengthways.
- 2** Run the leeks under cold water in a colander over the sink to remove any trapped dirt from between the layers.
- 3** Give the colander a shake to get rid of any excess liquid.
- 4** Trim away the roots and any tatty, tough looking leaves, then roughly slice and place in a mixing bowl.
- 5** Use a Y-shaped peeler to carefully peel the potatoes, then chop into rough 2cm chunks.
- 6** Place a large pan on a high heat and add 2 tablespoons of olive oil.
- 7** Once hot, reduce to low, add the leek and cook for around 15 minutes with the lid on, or until soft, stirring occasionally.
- 8** Stir in the potato and cook for a further 2 minutes. Meanwhile...
- 9** Fill and boil the kettle.
- 10** Crumble the stock cube (if using) into a measuring jug, carefully top up to 800ml with boiling water and stir until dissolved.
- 11** Carefully pour the hot stock into the pan.
- 12** Pour in the milk, and bring nearly to the boil, then reduce the heat to medium-low, and cook for around 10 minutes, or until the potato is cooked through.
- 13** Carefully remove the pan to a heatproof surface and leave for a minute or two to stop bubbling. Meanwhile...
- 14** Finely chop the chives.
- 15** Carefully blitz with a stick blender until smooth (use a tea towel to protect your hands from little splashes).
- 16** Have a taste and add a tiny pinch of salt and pepper if you think it needs it.
- 17** Carefully ladle the soup into serving bowls and sprinkle over the chives – it's delicious served with a dollop of yoghurt swirled through it.

Your notes...

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