

Leek & Potato Soup



Serves 4



40 minutes



Winter



Leek, Potato



INGREDIENTS:

- 1 tbsp olive oil
- 2 medium leeks (approximately 400g)
- 4 medium Potatoes (approximately 800g), peeled and diced
- 2 cloves garlic, minced
- 1 L Vegetable stock
- 1 Bay leaf
- Salt to taste
- Pepper to taste
- ½ cup Heavy cream
- 1 tsp lemon juice

DRESSING:

- 2 tbsp chives, finely chopped



METHOD:

1. Cut off the dark green leaves and the root ends of the leeks. Use only the white and pale green parts.
2. Slice the leeks in half lengthwise, then cut into thin slices.
3. Put the leek slices into a bowl of cold water. Use your hands to swish them around to loosen any dirt. Let them sit for a minute so the dirt sinks to the bottom.
4. Lift the leeks out with your hands or a slotted spoon. Do not pour the water out, or the dirt will mix back in. Drain well in a colander.
5. In a large pot, heat olive oil over medium flame. Add garlic and cook it for 1-2 minutes.
6. Add the sliced leek and mix it. Cover and cook for 10 minutes until the leek is soft. Stir now and then so they do not brown.
7. When the leek is cooking, peel and cut the potatoes into cubes.
8. Add potatoes, bay leaf, and stock to the pot. Season it with salt and pepper. Once it starts to boil, lower the heat and cook it for 20 minutes or until the potatoes are soft.
9. Take it off the heat. Remove the bay leaf and blend the soup until smooth. Add the heavy cream and lemon juice. Mix well. Taste and adjust the seasoning.
10. Garnish with finely chopped chives.

TIPS:

- It's important to clean the leaks at the start so that the dirt does not get in the soup.
- The white and light green parts of the leek are used in cooking. So, when picking up, look for leeks with longer white parts.
- No need to discard the dark green part. This can be used to make vegetable stock. You can freeze them until ready to make the stock.
- If you like your soup chunky, blend only half of the soup.
- Floury potatoes like Sebago are best.
- To make this recipe vegan-friendly, use coconut milk or cashew cream instead of heavy cream.
- Leftovers can be stored in the fridge for 3-4 days.

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This recipe was developed by the Baker Heart and Diabetes Institute and supported by Enliven Victoria.