

LEEK, ONION AND POTATO SOUP

EQUIPMENT

Chopping board	metric measuring scales and jug
Knife	blender
Saucepan – large heavy-based	
Wooden spoon	

INGREDIENTS

4 large leeks	275ml milk
1 medium onion, peeled and chopped small	salt and freshly milled black pepper
2 medium potatoes, peeled and diced	To Serve:
50g butter	1 ½ tablespoons snipped fresh chives
850ml hot vegetable stock	2 tablespoons cream

METHOD

1. Begin by trimming the leeks, discarding the tough outer layer. Now split them in half lengthways and slice them quite finely, then wash them thoroughly in 2 or 3 changes of water. Drain well
2. In a large, thick-based saucepan, gently melt the butter, then add the leeks, onion and potatoes, stirring them all around with a wooden spoon so they get a nice coating of butter. Season with salt and pepper, then cover and let the vegetables sweat over a very low heat about 15 minutes
3. After that, add the stock and milk, bring to simmering point, cover and let the soup simmer very gently for a further 20 minutes or until the vegetables are soft – if you have the heat too high the milk in it may cause it to boil over. Now you can put the whole lot into a blender and blend to a puree. Return the soup to the saucepan and re-heat gently, tasting to check the seasoning. Stir in the snipped chives (or parsley) and add a swirl of cream before serving