

LEEK AND POTATO SOUP serves 4

Cooking time:

20 minutes

WHAT YOU NEED:

1 large heavy based pan
1 ladle

INGREDIENTS

2 tablespoons vegetable oil or 30ml
1 large onion (approx. 250g) peeled and diced
1 large leek (approx. 350g) dark green removed, the rest diced and washed
4 cloves of garlic – peeled and sliced
750g potatoes peeled and 1cm diced (use King Edward or Desiree)
1 stock cube (chicken or vegetable) dissolved in 500ml hot water
500ml or 1 pint full fat milk
6 grates nutmeg (optional)
¼ teaspoon of dried mixed herbs or thyme or tarragon or oregano or a bayleaf (optional)
Salt and pepper

METHOD

Warm a large heavy based pan over a medium heat and add the oil and onion.

Fry gently, stirring occasionally until the onion begins to become translucent, approximately 5 minutes.

Add the leek and garlic and continue to cook and stir for a further 2-3 minutes or until all the vegetables have softened.

Add the diced potatoes, the stock mix and the milk along with a few grates of nutmeg if using and bring gently to a simmer. Be careful not to boil the mixture as the milk can be liable to split and nutrients lost from the soup.

Once simmering add ½ teaspoon salt (preferably seasalt), plenty of ground black pepper and the herbs if using.

Simmer for 12-15 minutes or until the potato has softened and the soup is ready to serve.



ADDITIONS

The soup is a good base to add a number of extra ingredients:

Peas - add 100g once the potatoes have softened straight from the freezer and leave on the heat for a further 2 minutes.

Sweetcorn - add a drained 250ml tin once the potato has softened.

Beans - add a 420g drained and rinsed tin of kidney, borlotti or white beans once the potatoes have softened and warm thoroughly.

Spinach - add a bag of washed baby spinach once the potatoes have softened and cook for 1 minute longer.

Broccoli - add 125g of small broccoli florets 8 minutes after the soup has come to a simmer, allowing it 5 minutes to cook.

Tuna - add a drained 185g tin once the potato has softened.

Smoked mackerel - add 150g of smoked mackerel fillet, flaked with skin and bones removed, once the potatoes have softened.

Bacon - fry 4 rashers of chopped smoked bacon in the oil before adding the onions.

Ham - add 50g of chopped ham once the potatoes have softened.

Turkey drumstick - make a fresh stock for the soup using a turkey drumstick. Place it in a sizeable pan along with ½ a peeled, small onion (75g) 1 peeled, small carrot (75g) and enough water to cover and bring to a simmer. Place a lid ¾ on and cook gently for 1 hour or until the meat is tender and falling from the bone. Remove the drumstick and reduce the stock to 500ml and strain through a sieve.

When the drumstick is cool enough to handle, shred the meat and reserve.

Replace the stock cube and water in the recipe with the stock and add the reserved meat towards the end of the cooking time and heat thoroughly.

Note; this soup can be blended but allow to cool until still warm (a cold soup does not blend well). Use a stick blender or blender jug with supervision.