

Leek and Potato Soup

This popular soup is sometimes called 'Vichyssoise' on menus. It is very easy to make and you don't have to be too exact about the proportion of leeks and potatoes that you use. Although many recipes include cream, it can be made with milk, or just stock if you want a dairy-free version. It is a cheap recipe to make, using British vegetables that are in season in the autumn.



Celery, egg, milk and wheat (gluten)*

Nutritional information per portion (318g):

Energy	Fat	Saturates	Sugars	Salt
395kJ 94kcal 5%	3.8g 5%	0.8g 4%	4.6g 5%	0.3g 5%

of an adult's reference intake.
Typical values per 100g: energy 124kJ/30kcal.

Equipment

Weighing scales
Vegetable peeler
Chopping board
Grater (optional)
Sharp knife
Colander
Measuring jug
Kettle
Measuring spoons
Large saucepan with lid
Wooden spoon
Ladle
Pan stand
Blender
Tea towel
Mixing bowl
Tasting spoon
Scissors

Ingredients

Serves 6
1 medium potato
(about 250g)
3 leeks (about 500g)
1 medium onion
1 reduced-salt vegetable
stock cube
750ml boiling water
1 x 15ml spoon
vegetable oil
250ml semi-skimmed
or skimmed milk
Ground black pepper
(optional)
A few chives for garnish
(optional)

*Presence of allergens can vary by brand – always check product labels.
If you serve food outside the home you must make allergen information available when asked.



Top Tips

- If you don't have a blender, mash the ingredients down with a potato masher. Just make sure that all the vegetables are really well cooked first.
- Leeks can be muddy and soil gets trapped between the layers as they grow. Slice first and wash after, then shake dry with a colander. Wash the board and knife thoroughly after use.

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Step 1 - Wash and peel and chop the potato into small pieces about 2cm thick. (It could be grated.)



Step 2 - Top and tail the leeks and slice into 1cm pieces. Wash the pieces of leek in a colander.



Step 3 - Peel and finely dice the onion.



Step 4 - Fill and boil the kettle. Crumble the stock cube into the measuring jug and add 750ml boiling water. Stir until it dissolves.



Step 5 - Heat the oil in the saucepan on a low heat and add the onion, cook for about 5 minutes until it starts to soften. Add the leeks and cook for 5 more minutes, stirring gently. Add the stock and potatoes and bring to the boil. Reduce the heat to a simmer and put the lid on top.



Step 6 - Cook for about 15 minutes until potatoes are soft. Stir in the milk. Blend the soup in batches to the texture you like – chunky or smooth. Taste and add black pepper (if using). Garnish with chives.