

## Leek and Potato Soup



### Ingredients:

1 bunch of 3-4 leeks sliced

Approximately ½ cup Heavy cream

2 cups of chicken or vegetable stock

2 cups of water

Bay leaf

Thyme

Salt and pepper

2 tbsp butter

1 tbsp olive oil

One medium onion sliced

One medium potato

Serves 4

**Preparing the leeks:** Remove the root ends. Cut the leeks horizontally at the point the dark green part ends. Keep these! You will now have dark green parts and light green/white parts separated. Fill your sink with cold water. Slice the dark green parts vertically down the center. Now separate the dark green leaves so each leaf is exposed to the water to clean. This is important as leeks are very sandy. You will do the same with the light parts of the leeks later.

Using a medium pot, put in your chicken stock, water, bay leaf and thyme. As you remove the green leaves of the leeks from your sink, run them under cold water to make sure all the sand is off. Roughly chop these into 1.5" pieces and put in the pot with your liquids. Bring the liquid with the green parts of the leaves to a boil and then reduce to a low simmer for 20 minutes.



Once it has been simmered and the green parts are soft, strain and reserve the stock in a big bowl or large measuring cup. Press on the leeks to extract as much of the stock as possible.

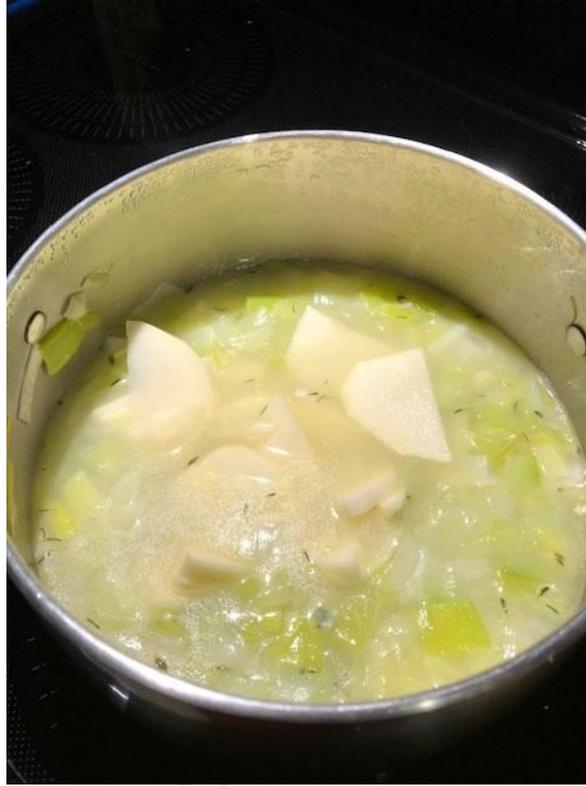


While the greens are straining, finely slice your onion. Using same pot, add butter and oil to the pot on medium-high heat. Add onions and cook until soft and fairly translucent. In the meantime, prepare the light parts of the leeks as above (Cut vertically and set in new cold water to rinse. Then as you pull them out of the sink to chop, rinse under cold running water). Chop these parts of the leeks into  $\frac{1}{2}$ -1 inch pieces and put in pot with the cooking onions.



Cook onions and leeks until softened.

Once leeks and onions are softened, add back to the pot the strained stock and discard the dark green portions. Peel and  $\frac{1}{2}$  your potato, cut into  $\frac{1}{8}$ " slices and add to your pot.



Bring soup back to a boil then reduce to a simmer until potato is cooked. Blend the soup (removing the bay leaf if you put it back in) using a blender or an immersion blender. Spend some time with this as it is tastier when nice and smooth. Stir in cream to taste after you blend, season to taste and it's done!