

Leek, Potato & Rice Soup

Ingredients

- 500g Potato
- 100g Leek (1 medium)
- 50g Diced Onion (1 Mug)
- 50g Risotto Rice (1 Mug)
- 1 Knorr Chicken Stock Cube
- 1 litre Cold Water
- Salt and Pepper

Options

- You can use this as the base for other variants
 - Add chicken chunks

Equipment

- Sharp knife
- Potato Peeler
- Large Saucepan
- Kitchen Scales, but not really needed as it's easy to guess the quantities "close enough".
- Spatula

Preparation

- Get the ingredients and equipment to hand
- Peel and dice potato but don't forget to wash it thoroughly to reduce the starch and scum in the soup! You want to have a mixture of large and small pieces so they cook at different rates. See Techniques section on next page.
- Halve, wash and slice the leek.
- Wash the rice.
- Dice the onion, but it is much easier to use frozen diced onion.



Method

Pop the rough diced potatoes in the large saucepan and add the water.

Add the rice and the stock cube.

Bring to the boil and simmer for 15 minutes.

Add the leek and onion and, if necessary, add more water to just cover the vegetables.

Keep an eye on this and note that the rice will soak up a lot of water so you may need to top up.

Taste and season with salt or pepper if required.

Return to the boil and simmer for a further 15 minutes or until all the vegetables are soft, and the rice has lost the crunchy bit in the middle.

You want a soup, not stovies, so you may need to top up the water to be sure there is still plenty of liquid at the end.

That's it – nice and simple and a great change to the traditional leek & potato soup.

Notes

There is a lot of waste when peeling potatoes – I've seen it as much as 25% of the gross weight. You need to buy a 1Kg bag of potatoes to guarantee 750g of peeled potato. If you end up with more than the 500g we need here, that's ok – stick it in the pot or make some tatties for dinner!

It's best to use a potato variety that is classed as "good for roasting or chips" as they break down better than "boilers". Consider varieties such as Desiree, King Edward, Marris Piper or a general all-rounder that is very common in supermarkets. It's not so good with firm or waxy potato such as Charlotte but it's ok if that's all you have.

This recipe is easy to scale and the proportion of the vegetables is not at all important.

Don't overdo the rice though!

Portions

Number of portions	5
Final Portion Size	200g
Storage Container	Large Plastic

Storage

Serve fresh but also ideal for freezing in large plastic containers.

Allow to cool before freezing

Heating & Serving

Heating instructions from chilled are a guide only.



4 min

10 min

If reheating from frozen, increase heating times.

Preferably thawed overnight before heating.

If you heat on the stove top, be sure to thaw first, or stick in the microwave for a few minutes to start the defrost.

You can add extra milk or water if you think the soup is too thick.

Be sure the soup is piping hot throughout before serving.

Serve in a soup bowl or mug with crusty bread.

I think this soup improves massively with a good portion of fresh, ground black pepper.

**Once defrosted, consume within 24 hours.
Do not refreeze.**

Techniques & Principles

Some of the basic techniques and principles are detailed elsewhere as, once you know them, you will have little need to refer back to them.

It reduces the clutter in the recipe sheet!

- Dicing and Slicing Onions
- Dicing and Slicing Potatoes
- Washing and Slicing Leeks

Rough Diced Potato for Soup or Stovies

You want to have a mixture of large and small pieces that will cook at different rates.

This will give you small pieces that break down into the liquid, but you still leave you with some decent sized chunks in the dish.



The big chunks will break down a little, and as a minimum, they will lose their sharp edges and become a bit more “rounded”.