

Leek & Potato Soup

Ingredients

- 1Kg Potato
- 250g Leek (2 medium)
- 100g Diced Onion (1 medium)
- 1 Knorr Chicken Stock Cube
- 2 litres Cold Water
- Salt and Pepper

Options

- You can serve this chunky, “cream-of” or somewhere in between.

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.
- 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 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.

Taste and season with salt or pepper if required.

Return to the boil and simmer for a further 20 minutes or until all the vegetables are soft.

Keep an eye on this, and gently stir from time to time otherwise it may stick to the bottom.

Now the soup is cooked, you have 3 options on how you prepare it for serving.

1. Serve “as is”, clear and with chunky potato.
2. Use a potato masher, lightly, for an opaque liquid with some crushed and chunky potato.
3. Blitz fully for a “cream of leek & potato” consistency to which you not obliged to add milk or cream at the time of serving!

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 1.5Kg bag of potatoes to guarantee 1Kg of peeled potato. If you end up with more than 1Kg, that's ok – stick it in the pot!

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.

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

Portions

Number of portions	10
Final Portion Size	200g
Storage Container	Large Plastic

I tend to give the soup a bash as in Method 2 above, and box up 5 portions. What is left can be blitzed to make a further 5 portions of Method 3 – with a Cream of Leek and Potato consistency.

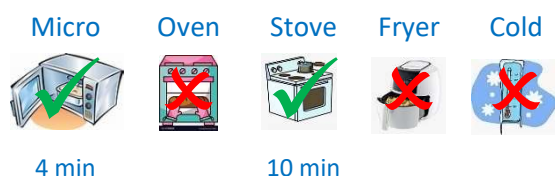
Storage

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.



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.

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

Be sure the soup is piping hot throughout before serving.

Serve in a soup bowl or mug with crusty bread.

I like to serve with part-baked baguettes or breads that I can prepare just ahead of time.

**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”.