

Leek and Potato Soup



This is probably my favourite soup and one I make regularly, you can use frozen or fresh leeks for this recipe. It's a soup that can be frozen and used at a later date.

Ingredients

- **Vegetable Oil**
- 3 Leeks
- 4 Large Potatoes
- 1 Large Brown Onion
- 2 Vegetable Stock Cubes
- 500ml of water
- Handful of fresh Parsley
- 2 Tsp of Ground Cumin
- 2 Garlic Cloves
- Salt and Pepper

Also Needed

- Sauce Pan
- Wooden Spoon/Spatula
- Knife
- Tea Spoon
- Containers For Ingredients
- Chopping Board

Leek and Potato Soup

Method:

- 1 Peel and chop the potatoes into chunks, chop the onion, leeks and garlic and set all aside in containers ready for use.



- 2 Place a pan on the heat and add the olive oil, allow to come to temperature and add the onion and garlic, stir regularly to stop them sticking. Allow the onion and garlic to soften slightly. You don't want them to turn brown.
- 3 Add the cumin and stir thoroughly to allow it to cover the onions
- 4 When the onions have softened add the leeks to the pan and carry out the same process you want the leeks to soften like the onions. Stir regularly to ensure that nothing burns.
- 5 When the leeks have softened add the potatoes, crumble over the stock cubes and add the 500ml of water. Bring to the boil and allow the potatoes to cook.



- 6 When the potatoes are soft, turn the heat down and add the parsley. Stir through and allow all the ingredients to get to know each other.
- 7 Season the soup (I always add lots of pepper as I think it works well with this soup) and take off the heat. At this point I

Leek and Potato Soup

liquidised it in my blender. This does depend on the blender you have as some cannot handle hot foods (I ruined my first one by putting it in hot soup).

- 8 Place back on the heat and stir thoroughly. When you are ready to serve ladle into bowls. I served mine with a swirl of double cream and a parsley leaf. It's great with crusty bread, if you want to freeze it you can but defrost before heating.

