



CSA Harvest Information



# Leeks

## Leek Info & Tips

- Leeks are in the onion family but have a milder, more refined flavor. There are no tears when cutting leeks!
- Leeks are very popular in European cuisine, particularly in France and Wales.
- Steam or boil leeks for 10-12 minutes. Top with butter, salt, pepper and Parmesan cheese. Or do as the French do, and top with a mustardy vinaigrette.
- Substitute leeks for onions in recipes; the onion flavor will be subtler.
- Leeks are divine with potatoes. Try them in a soup (see recipe below), gratin, or simply stir into mashed potatoes.
- Puree cooked leeks for a soup base.
- Chop or slice leeks into quiches, egg dishes, casseroles, stews, stocks, soups and stir fries.
- Store leeks wrapped tightly in plastic or in a zip-top bag. Put in your crisper for up to 5 days.

## How to Wash Leeks

**Leeks grow underground, and during the process of pushing upward they collect dirt between their layers.**

**Here's how to wash them:**

- 1. Trim leeks to where the leaves start to darken.**
- 2. Trim the root end, keeping the base intact.**
- 3. Slit the leek lengthwise, leaving base intact.**
- 4. Soak the trimmed leeks in a sink full of cold water.**
- 5. Rinse under cold running water, pulling apart the layers as you go.**

## Jenny's Favorite Leek & Potato Soup

*Jenny serves with a crusty bread -- Wegman's garlic Tuscan is Jenny's favorite with this. Jenny always purees the soup -- it has a silky texture.*

2 oz butter

1 large onion, sliced

2 large potatoes, peeled and cut into ½ inch dice

1 pint chicken or vegetable stock

1 pound leeks, cut into ½ inch dice

5 fl oz cream (or use ½ & ½ to make it lighter)

Salt & pepper

Melt a quarter of the butter and add sliced onion. Cook 2 minutes until softened.

Add potatoes and cook 2 minutes, stirring often.

Add stock. Bring to simmer and cook until potatoes are tender, about 8-10 minutes. Increase heat until almost boiling. Add leeks, bring to simmer for 6 minutes until leeks are tender.

Add cream and remaining butter. Rewarm to simmering point and season with salt & pepper to taste. Serve as is or puree.

Garnish with chives, crispy bacon, a swirl of cream or crème fraiche – or all of them!

