

Leeks

HOW TO CHOOSE AND STORE

Leeks look like overgrown green onions, but have a milder, more delicate flavour than onions. After harvest, leeks can keep in the Refrigerator lightly wrapped in plastic for up to 2 weeks--or they can be dried or frozen for storage. Choose leeks with firm white bases and green stalks. The whole plant can be used.

HOW TO USE AND EAT

Leeks are milder tasting than onions but can be used anywhere onions can be used. The white base and green leaves can be used fresh, or for cooking in creamy soups, stocks and more. They are very versatile.



Cauliflower Leek Mash (Potato alternate)

2 heads cauliflower, coarsely chopped
4 Tbsp butter or margarine
1 leek, thinly sliced
3 cloves garlic, chopped
1 C heavy cream
3/4 C panko breadcrumbs
1/3 C chopped fresh parsley (can substitute 1-2 T dried)

Cook cauliflower in salted water until very soft, drain. Sauté the leek and garlic in 3 ½ T butter until soft but not brown. Mix cauliflower, leeks mixture and cream together, and puree with a food processor (in batches). Toast panko crumbs with ½ T butter melted in a small pan, toss until golden brown. Use toasted crumbs and parsley to top the pureed cauliflower/leeks prior to serving

Leek Potato Soup

2 Tbsp butter
2 garlic cloves, minced
3 leeks, thinly sliced
2 lbs potatoes cut in small cubes
6 C stock (vegetable or chicken)
¾ C cream, (can substitute milk)
Salt and pepper to taste
Melt butter in large pot on medium heat. Add garlic and leeks, sauté for 5-7 min until soft but not brown. Add potatoes and broth. Bring to a simmer then cover pot and turn down to keep at a gentle simmer. Cook approx 25 minutes until potatoes very soft. Remove from heat and puree carefully in a blender (divide soup into smaller parts to blend) or use an immersion blender. Add salt and pepper to taste and stir in cream. Garnish with extra cream, chives or croutons as desired

Leek Salad

1-2 tsp lemon juice
3 tablespoons extra virgin olive oil
salt and pepper
4 leeks, the white parts only, sliced, well rinsed, and dried
2 ripe tomatoes
1 firm medium cucumber
1/2 cup pitted black olives
1/2 cup chopped cilantro

1. Whisk together the lemon juice, oil, salt and pepper.
2. Toss the dressing with the leeks.
3. Chop the tomatoes and cucumber, seeding them if desired, and add to leeks.
4. Add the olives and cilantro and toss well.
5. Add more salt and pepper if you like and chill for an hour.