

## Leek and Potato Soup

This popular soup is sometimes called 'Vichyssoise' on menus. It is very easy to make and you don't have to be too exact about the proportion of leeks and potatoes that you use. Although many recipes include cream, it can be made with milk, or just stock if you want a dairy-free version. It is a cheap recipe to make, using British vegetables that are in season in the autumn.



Celery, egg, milk and wheat (gluten)\*

Nutritional information per portion (318g):

Energy	Fat	Saturates	Sugars	Salt
395kJ 94kcal 5%	3.8g 5%	0.8g 4%	4.6g 5%	0.3g 5%

of an adult's reference intake.  
Typical values per 100g: energy 124kJ/30kcal.

### Equipment

Weighing scales  
Vegetable peeler  
Chopping board  
Sharp knife  
Colander  
Measuring jug  
Kettle  
Measuring spoons  
Large saucepan with lid  
Wooden spoon  
Ladle  
Pan stand  
Blender  
Tea towel  
Mixing bowl  
Tasting spoon  
Scissors

### Ingredients

#### Serves 6

1 medium potato  
(about 250g)  
3 leeks (about 500g)  
1 medium onion  
1 reduced-salt vegetable  
stock cube  
750ml boiling water  
1 x 15ml spoon  
vegetable oil  
250ml semi-skimmed  
or skimmed milk  
Ground black pepper  
(optional)  
A few chives for garnish  
(optional)

\*Presence of allergens can vary by brand – always check product labels.  
If you serve food outside the home you must make allergen information available when asked.



### Top Tips

- If you don't have a blender, mash the ingredients down with a potato masher. Just make sure that all the vegetables are really well cooked first.
- Leeks can be muddy and soil gets trapped between the layers as they grow. Slice first and wash after, then shake dry with a colander. Wash the board and knife thoroughly after use.

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### Method

1. Peel and chop the potato into small 2cm chunks.
2. Top and tail the leeks, and discard the outer layer and wash. Slice widthways into 1cm pieces.
3. Wash the leek slices and drain well in the colander.
4. Peel and finely chop the onion.
5. Pour 750ml boiling water into the measuring jug, crumble in the stock cube and stir to dissolve.
6. Place the oil in the saucepan and add the onion. Place over a low heat and cook the onion gently until it starts to soften. This will take about 5 minutes.
7. Add the leeks and continue cooking gently for a further 5 minutes, stirring occasionally to ensure that the leeks don't stick to the bottom of the pan.
8. Add the stock and potatoes, bring to the boil and then reduce the heat to a gentle simmer (small bubbles). Place the lid on the saucepan and simmer for about 15 minutes until the potatoes are soft.
9. Stir in the milk, then ladle a third of the soup into a blender.
10. Holding a tea towel over the lid, blend the soup and pour into a clean mixing bowl.
11. Repeat until all the soup is blended.
12. Add ground black pepper to taste (if using).
13. Return the soup to the saucepan and reheat to serve.
14. Snip the chives, if using, and sprinkle on the surface when the soup is ladled into bowls.

### Something to try next time

- Swirl 1 x 5ml spoon of crème fraîche into each bowl of soup just before serving.
- Try the grated rind of 1 lemon and a few sprigs of parsley as an alternative garnish.

### Prepare now, eat later

- Prepare the vegetables the day before and keep in sealed bags or boxes in the fridge.
- Cool any leftover soup quickly then store in a covered container in the fridge for up to 48 hours. Reheat only once until bubbling hot.
- This soup freezes really well. Cool and pour into freezer bags inside a plastic container. Once frozen, the bag can be removed from the box and stored in the fridge for 2 days or in the freezer for up to 6 months. Defrost thoroughly and reheat until bubbling hot.

### Top Tips

- When blending hot soup, the pressure can build up inside, which is why it is important to follow these three rules:
  1. Never fill the blender more than half full.
  2. Always cover the lid with a thick tea towel.
  3. Always hold the lid down when the blender is on.

### Skills used include:

Weighing, measuring, peeling, chopping, blending, boiling/simmering and frying.