

Leek and Potato Soup (Vichysoisse)

(Four generous servings)

Ingredients

- 15g (½oz) butter and a dash of olive oil
- 1 medium sized onion
- 2 medium sized leeks
- 2 or 3 medium sized potatoes
- 1litre (2 pt) vegetable stock (made from bouillon powder)
- Black pepper to taste
- Garnish (chopped chives/ parsley etc.)

Method:

1. Trim the leeks (leaving some green) and chop.
2. Peel and chop the onion.
3. Melt the butter in a saucepan
4. Add the olive oil
5. Add the onion and leeks
6. Fry very gently on a low heat (the vegetables must not brown) until the onion and leeks are soft
7. Meanwhile wash and thinly slice the potatoes
8. Make up the vegetable stock.
9. Once the onion and leeks have softened, add the stock and potatoes
10. Add black pepper to taste (salt can be also added but the stock does contain some salt and I don't like my food to taste salty).
11. Bring the stock to the boil.
12. Transfer to a low heat and simmer gently until the potatoes are soft.
13. Remove from the heat and cool slightly.
14. Transfer to a food processor and whizz for several minutes until fairly smooth.
15. Cool and store in the fridge until you wish to use.
16. To serve add to a saucepan and heat through (do not allow to boil).
17. Garnish with chopped herbs

Variations:

- Add about 100ml (3.5 fl oz) of white wine when adding the stock (it's really delicious).
- Add chopped carrots (with the potatoes)
- As we used our home grown potatoes I didn't peel them once the soup is liquidised you can't tell that the skins were left on.
- Add a little milk - if you are making the soup prior and storing, then add the milk when you reheat the soup

Serving Tip:

Serve with crusty bread.



