

# LEEK AND POTATO SOUP

## INGREDIENTS

- 1.5lbs of leeks - sliced
- 3lbs of potatoes - diced
- 5.5 cups of chicken broth
- 0.5 cups of heavy cream
- .5tsp of pepper
- .5tsp salt
- 3Tbs of butter



ILLUSTRATION (c) 2021, JESSIE BOULARD

## DIRECTIONS

1. Blanch leeks in boiling water for 1 min. and rinse in cold water.
2. Add leeks to large pot with 3 tbs. of butter and sauté on medium low until leeks turn translucent.
3. Add diced potatoes to the pot and turn the heat up to medium high until potatoes just start to turn brown or a nice brown glaze forms on the bottom of the pot.
4. Deglaze pot with 5.5 cups of chicken broth and then add 0.5 cups of heavy cream and bring to a simmer.
5. Simmer soup for 15 to 20 minutes until potatoes are fork tender.
6. Serve with a fresh garnish of leek leaf.

## RECIPE NOTES:

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## HARVESTING TIPS:

- They like to grow where black flies hatch so bring bug spray or a bug net (this is not always the case but its good to be prepared!)
- It can be hard to pull the whole bulb out of the ground without tools; we recommend a garden trowel or a hand weeder.

*\*Be mindful of over harvesting an area\**

## OTHER LEEK TIPS:

- The leaves are a delicious alternative to onion or garlic powder.
- Lay them out to dry for a day or two. Once dry, crumble them up and add them to popcorn, eggs, soups, dips, meat rubs, pasta, cold vinaigrette salads, and more.



## NOTES:

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