

Leek & Potato Soup

Rowville Primary School
Kitchen Garden Recipe

Ingredients

60g butter	Water
2 leeks	1 bay leaf
4 potatoes	1 Sprig thyme
1 onion	Salt and pepper
1 stick of celery	2 tablespoons chopped parsley.
2 cloves of garlic	



Method

Trim the top of the leeks then cut straight through the centre from the top of the white to the end leaving the bottom bulb intact. Rinse in cold water to remove any dirt. Shake excess water. Slice finely. Fill a sink with clean cold water and rinse leek again thoroughly. Drain.

Peel the potatoes and cut them into small pieces.

Wash and then cut the celery stick in half from top to bottom, slice finely.

Peel and chop the onion finely.

Peel and cut the garlic finely.

Wash thyme and bay leaf.

Melt the butter in a large pot. Add the potato, leek, celery, onion and garlic. Stir for 1 minute, then put a lid on, turn the heat low and let the vegetables sweat for 10 minutes to soften, stirring occasionally.

Cover with cold water, then add bay leaf and thyme. Simmer, uncovered until potato is soft.

Remove bay leaf and thyme with a spoon and tongs, puree the soup.

Taste test for seasoning. Sprinkle with chopped parsley for service.