



Warming Winter Leeks

Kia ora koutou,

Leeks are a great buy for the winter months— they are cheap and easy to cook and taste great in combination with other affordable vegetables. Leeks work really well with cauliflower, potato, carrot, and chicken. Use leeks in simple vegetable bakes or to add flavour and bulk to soups and stews.

Why eat leeks? Leeks are packed full of goodies that help our bodies and brains, including folate, vitamins B6 and B1, vitamin C, potassium, and fibre. They are also delicious and add lots of flavour to family favourites.

Leek and cauliflower bake (serves 4-6 as a side dish)

Ingredients

- 2 leeks
- 1 cauliflower
- Cheese sauce
- 2 tablespoons cooking oil

Methods

Preheat oven to 180°C.

Cut off the leeks' roots and chop both the leaves and stem into small 1-2cm pieces. Cut cauliflower into separate florets. Tip leeks into a large colander or bowl and wash off any dirt. Heat 2 tablespoons of oil on a medium heat in two large fry pans and cook leeks. Keep stirring leeks until they are tender and cooked down (they will shrink to half their size). At the same time steam cauliflower in a steamer or a sieve above a pot of boiling water until tender. Tip leeks and cauliflower into a large oven-proof dish and top with cheese sauce. Bake in the oven for 20 mins or until heated through.

Cheese sauce

- 2 cups trim milk
- 2 tablespoons plain flour or cornflour
- 1 teaspoon mustard (powder or prepared)
- ½ teaspoon stock powder
- Salt and pepper to taste.
- 2 cups grated cheese

Methods:

Add the above ingredients into a pot and stir on a low heat until cheese is melted and sauce has thickened.