


Leeks

Store	<ul style="list-style-type: none"> Choose leeks with as much white as possible. Up to a week in the fridge. 	
Prepare	<ul style="list-style-type: none"> Remove the 2 outer layers. Cut off the roots and trim the green top parts. Split Leeks in ½ lengthwise and rinse under tap to remove dirt. Slice thinly so you have little half circles. 	
Cook	<ul style="list-style-type: none"> Boil whole baby leeks 10 mins or until tender. Stir-fry sliced leeks 5 mins – should be still crunchy. Cook sliced leeks in a little vegetable stock or water. 	
Add Flavour	<ul style="list-style-type: none"> Fry equal quantities of sliced leeks and grated carrots in a little margarine or oil. Add a dressing of 2 tsps honey + 2 tsps grain mustard and 2 Tbsp lemon juice. 	
Vege Up	<ul style="list-style-type: none"> Add leeks to casseroles, stews, soups. Use leeks instead of onions in many dishes. Leek quiche, Leek and Potato soup are great recipes. 	

Recipe Ideas

Leek and Potato Soup	<p>2 leeks, sliced 3 potatoes, peeled and chopped 2 Tbsp vegetable oil 4 cups chicken stock 2 cups trim milk</p> <ul style="list-style-type: none"> Sauté leek and potato in oil until softened. Add stock and simmer gently for 15-20 minutes or until vegetables are tender. Purée if wished. Return to saucepan and add milk. Heat gently but do not boil. Serve. 	
Leek Self-Crusting Quiche	<p>2 cups of sliced leeks, cooked in a little margarine or oil until soft 4 eggs beaten 1 cup tasty grated cheese ½ cup self raising flour 1 ½ cups trim milk ¼ cup chopped parsley</p> <ul style="list-style-type: none"> Pre heat oven to 180 degrees C. Spray a medium to large dish with non-stick baking spray. Mix all ingredients in a bowl add salt and pepper to taste Pour into the prepared dish and bake for 40-45 minutes until set and golden brown. Can be eaten hot or cold, cut into thick slices. 	