

Date.....

# Leek and Potato Soup



## Ingredients

1 Onion  
500g leeks  
500g potatoes  
1 stock cube  
 $\frac{1}{2}$  pint milk  
50g margarine

## Optional flavourings

Herbs, Salt and pepper, Spices, curry powder

## Skills

Peeling  
Slicing  
Dicing  
Chopping  
Stirring  
Frying  
Boiling  
Simmering  
Pureeing

## Method

- Put your apron on, wash your hands, spray worktops and put out your ingredients
- Cut the top and bottom off the leeks and slice into rings.
- Peel the potatoes and cut up into cubes.
- Peel and chop the onion finely.
- Put a stock cube in a jug, add  $\frac{1}{2}$  pint of hot water and stir to dissolve it.
- If using basil, chop the leaves (about 7 or 8) finely and add to the stock.
- Add  $\frac{1}{2}$  a pint of milk to the stock.
- In a large saucepan, place 25g of margarine and add the onions and leeks. Fry for 3 minutes.
- Add the stock and milk and bring to the boil, along with the diced potatoes and some salt and pepper.
- Turn the hob down to allow the mixture to simmer for about 20 minutes, or until the vegetables have softened.
- Puree the mixture down in the food processor to make a beautiful, smooth soup.
- Taste the soup with a clean teaspoon and adjust the seasoning if necessary.
- Stack your dirty dishes, wipe down your unit and wash the dishes in hot, soapy water. Dry dishes thoroughly.
- Tidy and put all equipment away.