

Leek and Potato Soup



<p style="text-align: center;"><u>Ingredients</u></p> <p>2 large leeks 1 onion 4 potatoes 1 tablespoonful (tbsp) vegetable oil 1 chicken stock cube 125 ml semi-skimmed milk</p>	<p style="text-align: center;"><u>Equipment</u></p> <p>Ladle Teaspoon Skewer Hand blender 2 Wooden/white chopping boards Vegetable knife Peeler 2 Measuring jugs Fork Wooden spoon Wooden triangle Large saucepan</p>		
<p style="text-align: center;"><u>Suggested garnish/decoration</u></p> <p style="text-align: center;">Sprig of parsley 25ml whipping cream</p>	<p style="text-align: center;"><u>Serving dish(es)</u></p> <p style="text-align: center;">Soup bowl</p>		
<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td data-bbox="177 987 1086 1982" style="width: 65%; vertical-align: top;"> <p style="text-align: center;"><u>Method</u></p> <ol style="list-style-type: none"> 1. Wash 2 leeks and trim the ends off them. Slice them thinly. Cut 1 onion in half, peel it and finely chop it. Wash, peel and dice the potatoes. 2. Heat 1 tbsp oil in the large saucepan. Sweat the onions and leeks for 2-3 minutes. 3. Add the diced potatoes to the saucepan and continue to sweat the vegetables for a further 1-2 minutes. 4. Put the stock cube into the measuring jug and dissolve it in 500ml boiling water. Stir with a fork to make sure the stock cube is completely dissolved. Add the stock to the vegetables and turn up the heat until the soup boils. Then reduce the heat and simmer for 20-30 minutes until the vegetables are soft. 5. Take the soup off the heat and set the saucepan on a wooden triangle. Use the hand blender to puree the soup. Add 125ml semi-skimmed milk and check the consistency of the soup. If it is too thick, add some water. Reheat the soup. 6. Using a ladle, transfer the soup to a bowl. Use the teaspoon to put a few drops of cream in a circle on top of the soup. Draw a sharp skewer through the drops to 'feather' it. Complete the garnish with a sprig of parsley in the centre. </td> <td data-bbox="1086 987 1388 1982" style="width: 35%; vertical-align: top;"> <p style="text-align: center;"><u>Reminders</u></p> <p>Fill and boil the kettle. Remember to separate the green parts of the leaves of the leek and wash individually. Do <u>not</u> brown the vegetables. Simmer means boil gently. Keep saucepan handle in.</p> <p>Make sure the hand blender is not switched on outside the saucepan and watch for splashes.</p> </td> </tr> </table>		<p style="text-align: center;"><u>Method</u></p> <ol style="list-style-type: none"> 1. Wash 2 leeks and trim the ends off them. Slice them thinly. Cut 1 onion in half, peel it and finely chop it. Wash, peel and dice the potatoes. 2. Heat 1 tbsp oil in the large saucepan. Sweat the onions and leeks for 2-3 minutes. 3. Add the diced potatoes to the saucepan and continue to sweat the vegetables for a further 1-2 minutes. 4. Put the stock cube into the measuring jug and dissolve it in 500ml boiling water. Stir with a fork to make sure the stock cube is completely dissolved. Add the stock to the vegetables and turn up the heat until the soup boils. Then reduce the heat and simmer for 20-30 minutes until the vegetables are soft. 5. Take the soup off the heat and set the saucepan on a wooden triangle. Use the hand blender to puree the soup. Add 125ml semi-skimmed milk and check the consistency of the soup. If it is too thick, add some water. Reheat the soup. 6. Using a ladle, transfer the soup to a bowl. Use the teaspoon to put a few drops of cream in a circle on top of the soup. Draw a sharp skewer through the drops to 'feather' it. Complete the garnish with a sprig of parsley in the centre. 	<p style="text-align: center;"><u>Reminders</u></p> <p>Fill and boil the kettle. Remember to separate the green parts of the leaves of the leek and wash individually. Do <u>not</u> brown the vegetables. Simmer means boil gently. Keep saucepan handle in.</p> <p>Make sure the hand blender is not switched on outside the saucepan and watch for splashes.</p>
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