



# Leek & Potato Soup (serves 4)

This popular soup is sometimes called 'Vichyssoise' and can be served chilled. It is an affordable recipe to make, using British vegetables that are in season in the autumn.

## Ingredients

1 medium potato  
(about 250g)  
3 leeks (about 500g)  
1 medium onion  
**1 reduced-salt vegetable stock cube**  
750ml water  
1 x 15ml spoon oil  
**250ml semi-skimmed or skimmed milk**  
Ground black pepper (optional)  
A few chives for garnish (optional)

## Equipment

Weighing scales  
Vegetable peeler  
Chopping board  
Sharp knife  
Colander  
Measuring jug  
Measuring spoons  
Large saucepan with lid  
Wooden spoon  
Ladle  
Pan stand  
Stick Blender  
Tea towel  
Mixing bowl  
Tasting spoon  
Scissors

## Instructions:

1. Peel and chop the potato into small chunks
2. Top and tail the leeks, and discard the outer layer and wash. Slice into 1cm pieces
3. Wash the leek slices and drain well in the colander
4. Peel and finely chop the onion
5. Measure the oil into the saucepan, add the onion place over a low heat and cook the onion gently until it starts to soften
6. Add the leeks and continue cooking gently for a further 5 minutes, stirring occasionally to prevent sticking
7. Add the stock cube, water and potatoes, bring to the boil and then reduce the heat to a gentle simmer. Put on the lid and simmer for about 15 minutes until the potatoes are soft
8. Stir in the milk
9. Turn off the heat, using a stick blender (making sure you hold it at the bottom of the pan) blend the soup until smooth
10. Add ground black pepper to taste (if using)
11. Return the soup to the saucepan and reheat to serve
12. Snip the chives, if using, and sprinkle on the surface when the soup is ladled into bowls.

## Skills used include:

Weighing, measuring, peeling, chopping, blending, boiling/simmering and frying.  
**ALLERGENS HIGHLIGHTED IN BOLD**

