

FINCHLEY HORTICULTURAL SOCIETY: SEASONAL RECIPES

Leek and Potato Soup

Ingredients

4 leeks

8 medium-sized potatoes

1½ pints water

2 vegetable stock cubes

Parsley – 2 tbsp dried, or 100g fresh

Turmeric, pepper, and salt to taste

1 tsp saffron, if available

Garnish:

either dash of lime or lemon juice

or yoghurt – soya, sheep's or cow's

Preparation

Wash and cut the leeks and potatoes into small pieces. Add all ingredients to the water and boil

for 15-20 minutes, until the potatoes are soft. Mash mixture and boil for 10 more minutes. Serve with a dash of lime or lemon juice, or top with yoghurt.

from Ali, January 2009