



## RBGE Botanic Cottage Community Cook Club Blog 2 10<sup>th</sup> April 2020

### Leek and tattie soup

For this recipe you can leave out the butter and milk to make it suitable for vegan diets- or just if you don't have any! The quantities of vegetables can be adjusted to what you have, aim for about double the volume of leeks to potatoes if you can.

Leeks can be gritty, so to clean them well - first chop off the thicker green ends and the stalk end too, slice the leek half way through lengthways, and then clean under running water so you can wash out any soil from between the layers of the leek.



You will need a large saucepan, a chopping board, a sharp knife, a wooden spoon and a hand-blender if you want to make your soup smooth.

- 1 tablespoon oil
- 1 tablespoon butter (optional)
- 4-5 leeks, washed (see above) and chopped
- 1 large onion, diced
- 3 potatoes, well-scrubbed or peeled and roughly chopped
- 3 cloves garlic, peeled and roughly chopped
- 1 litre vegetable or chicken stock
- ½ mug milk
- Salt and pepper

1. Heat the oil and butter over a low heat.
2. Add the chopped onion and leeks and stir. Continue to cook slowly for around ten minutes until both have reduced in volume.



3. Add the potatoes, garlic and enough stock to mostly cover all the vegetables. Don't add too much liquid at this point – it's better to add more later than end up with a soup that's too thin.
4. Continue to simmer until the potatoes are very tender.
5. Use your hand blender to whizz the soup. Add milk a little at a time until the soup is the consistency you like.
6. Add a generous amount of black pepper and then salt to taste.



Serve with good bread. This soup also goes really well with the cheese scones from the last blog.

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