



Royal
Botanic Garden
Edinburgh

Botanic Cottage Community Cook Club Early January 2021

A quick lunch

Leeks and cheese on toast

This is a favourite lunch of mine. It's a little bit more effort than a sandwich- but only just!



Ingredients per person

One small leek, or half a large one

½ - 1 tsp grainy mustard

1 tbsp single or double cream or crème fraîche

One slice wholemeal bread

Strong cheddar cheese, to grate

Olive oil, salt and pepper

You will need a small pan and spoon or spatula, a chopping board and knife and a grater.

Method

1. First wash your leek well (I make a deep cut to the middle of the leek and then rinse under the tap to get any mud out from between the layers), discard the outer layer and the deep green ends. Cut into roughly 1 cm slices.
2. Heat a little olive oil in the pan and add the leek.
3. Cook for about five minutes until the leek is softened and taking on a bit of colour. Add the mustard and the cream and cook gently for about 30 seconds. Turn off the heat and add a little salt and pepper.
4. Heat your grill and toast the bread a little, remove.
5. Pile the leeks on top and then grate cheese over the leeks.
6. Return to the grill and cook until the cheese is bubbling.
7. Serve immediately.