



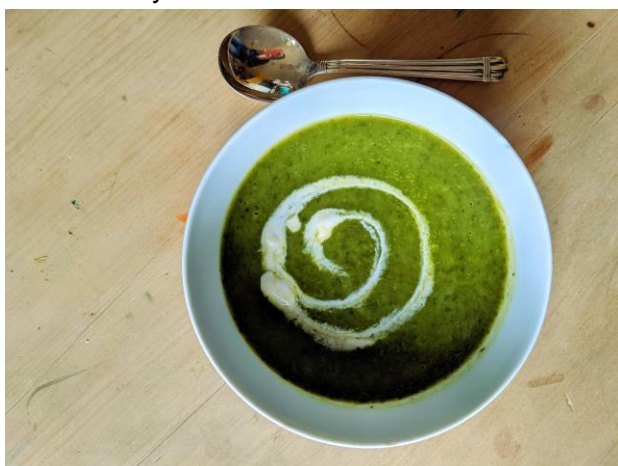
Royal
Botanic Garden
Edinburgh

Botanic Cottage Community Cook Club Early April 2021

A tasty lunch

Potato and wild garlic soup

It's wild garlic season! If you haven't tried this lovely foraged green then now is the time. There's a useful post here helping you identify it - <https://stories.rbge.org.uk/archives/33076> but if you're walking on old railway paths or near the Water of Leith in Edinburgh then you won't be able to miss the strong garlicky smell. Wild garlic has fatter leaves than wild leek but they are both edible and taste delicious. Be a cautious and considerate forager - don't pick right beside the path (dogs!) and don't take from only one place, instead take a few leaves from each plant. Wash well and use soon after harvesting. If you can't find any then young spinach will be tasty in this recipe too. We love this soup with some cheese on toast or a savoury scone.



Ingredients

1 large or 2 small onions, diced
3 medium potatoes, well scrubbed or peeled
1 tsp vegetable stock powder (boullion) or a vegetable stock cube
250g wild garlic or wild leeks (about 4 big handfuls)
Olive oil, salt and pepper

To serve (optional) - a little crème fraîche or cream

You will need a large pot, a chopping board and knife, a wooden spoon and a stick blender.

Method

1. In a large pot heat a splash of olive oil and then add the chopped onions. Cook for five minutes until starting to soften.
2. Scrub or peel your potatoes and roughly dice. Add to the pot and continue cooking for a further five minutes, being careful not to let either the potato or onion catch and burn.
3. Add enough water to cover the vegetables plus 1 tsp of vegetable stock powder, ½ tsp salt and a generous grind of black pepper, and continue cooking until the potatoes are completely soft.
4. Wash the wild garlic or leeks well and then add to the pot with a splash more water to cover. Cook for one minute (no longer!) then turn off the heat
5. Using a stick blender, blend the soup until really smooth, adding more water if the soup is too thick.
6. Taste and add more salt and pepper if needed.
7. Enjoy your beautifully green soup with a little crème fraîche or cream if you have it.