



**RESCUING FOOD • NOURISHING COMMUNITIES**

**FOOD CARD**

# LEEKS



## AVAILABLE

All year. Plentiful in Winter.

## STORE

In the fridge. Will keep for approx. 10 days.

## EAT

Cooked.

## PREPARE

1. Remove tough outer leaves.\*
2. Cut in half lengthwise.
3. Wash thoroughly. Remove any dirt between layers.
4. Leave whole or slice finely into half circles.

## COOK

**Steam:** 6-8 minutes (sliced). 12-16 minutes (whole).

**Microwave:** High. In a shallow dish with 1T of water. 3-4 minutes.

**Saute:** In a frypan. Heat approx 1T of oil or butter till hot. Add sliced leeks. Cook 7-8 minutes, stirring occasionally (until tender).

**Braise:** Saute 4 sliced leeks in butter for 5 minutes. Add 1/2 cup stock or water. Reduce heat to medium low. Braise the leeks, Cover. Braise for about 10 minutes (until very tender).

Serve as a side dish.

## AVOID WASTE

\* Freeze leaves to use in stock.

## TASTY IDEAS

- Add to stews, stirfries, and soups.
- Make leek and potato soup.
- Serve sauteed leeks with a white sauce.
- Add to potato dishes e.g. creamy potato bakes.
- Add to pies and quiches.

**Flavour match:** lemon, thyme

**Food match:** fish; seafood; cheese