

LEEKS



PREPARATION



- Remove the 2 outer layers, rinse and then use.
- Cut off the root end (2cm). The end is great to save and use in stock.
- Split leeks in ½ lengthwise and rinse under tap to remove dirt.
- Slice thinly so you have little half circles.

COOKING



- Boil whole baby leeks for 10 minutes or until tender.
- Stir-fry sliced leeks for 5 minutes. They should be slightly crunchy.
- Cook sliced leeks in a little vegetable stock or water.

STORAGE



- Store 1-2 weeks in the fridge.
- Leeks can be pre chopped and frozen or pre chopped and stored in a container in the fridge.

VEGE UP



- Leeks can be used in the place of an onion in most dishes.
- Add chopped leeks to casseroles, stews, soups, stir fry's, curries, mince dishes, baked potatoes etc.
- Leek quiche and leek and potato soup are great recipes.
- Fry up some leeks, and mix with cheese and spices as a topping for wedges.

ADD FLAVOUR



- Fry equal quantities of sliced leeks and grated carrots into a little oil or alternative.
- Fry leeks with cumin seeds, crushed garlic and oil.
- Add a dressing of 2 tsp honey, 2 tsp wholegrain mustard and 2 Tbsp lemon juice.