

Leek



Available

All year round. Limited supply from November to February.

Buy

Choose medium stems with fresh green tops and lots of white stem.

Store

In the vegetable bin in the fridge.

Prepare



Wash to remove any soil.



Slice off the root end.
Cut in half.



Cut into even lengths.



Slice stems and leaves.

Cook

Can be:



Steamed



Stir-fried



Baked



Soup



Leek and lemon risotto

(serves 4)

Ingredients

6 cups water
2 stock cubes
2 tablespoons oil
1 leek, washed and chopped
2 cloves garlic, crushed
1 cup short grain rice (risotto rice)
1 tablespoon lemon zest
2 tablespoons lemon juice

Method



1 In a pot boil the water. Add the stock cubes. In a separate pot, heat the oil and gently cook the leeks and garlic until soft.



2 Increase the heat and add the rice to the leeks. Continue to cook for 2 minutes. Then add 1 cup of stock.



3 Once the stock is absorbed, add the next cup. Continue to add until the rice is cooked and has a thick consistency.



4 Add the lemon zest and juice and stir through. Serve.

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