

Potato-Leek soup

Imagine deep into the winter months, sitting on the windowsill, gazing outside at the snow-covered ground and trees, experiencing the cold yet cozy atmosphere. The only thing missing from this picturesque scene is a warm, delicious soup held in your hands. Especially winter seems to be the perfect season for soups. If you're tired of the basic chicken noodle soup and craving something different, we have a recipe just for you.

A great solution to this dilemma is the vegetable leek, resulting in a simple leek potato soup. Interestingly, leeks were considered one of the favorite foods in Ancient Rome, Egypt, and Greece due to their high iron content and numerous health benefits. Leeks, for instance, contribute to a healthier nervous system and help lower or regulate blood pressure. Historically, this unique vegetable had a significant impact on Celtic cultures. The Irish and Welsh believed in its mystical or magical abilities. Over the centuries, leeks have secured their position in British cuisine.

The best way to appreciate this is to try it for yourself. Enjoy!

Ingredients for four servings:

- 3 large leeks
- 1 kg potatoes
- olive oil
- 1 bay leaf
- 2 sprigs of thyme
- garlic
- salt
- 1 litre vegetable broth/ chicken broth



Recipe:

1. cut off the rough leaves and roots of the leeks, slice them and wash the white/light green parts
2. put some oil into a pot, add your leeks and sauté them for 8-10 minutes or until they turn soft (reduce heat if they become brown)
3. mince your garlic and put it into the pot
4. Add the diced potatoes, salt, bay leaf, thyme, and vegetable broth
5. once it started boiling, let it simmer for 15-20 minutes or until the potatoes are soft
6. remove the bay leaf and thyme sprigs and start blending until the soup reaches the consistency of your liking
7. garnish the soup with for example chives or basil and add some black pepper

