



# LEEK, POTATO & SILVERBEET SOUP

<b>Season:</b>	All seasons
<b>From the garden:</b>	Potatoes, leeks, silverbeet
<b>Type:</b>	entree / main
<b>Difficulty:</b>	Medium
<b>Serves:</b>	30 small tastes
<b>Source:</b>	Adapted from: <i>Alison Holst's Best Potato Recipes</i>

## Equipment

- Large pot
- Garlic crusher
- Chef's knife
- Chopping board
- Blender or food processor
- Potato masher (optional)
- Soup ladle
- Tasting spoons

## Ingredients

- \* 50g butter
- \* 2 cloves garlic
- \* 3 medium sized leeks
- \* 3 medium sized potatoes (300-450g)
- \* 4c chicken or vegetable stock
- \* 1 tsp sugar
- \* ¼ cup milk (optional)
- \* Bunch of silverbeet

## Method

1. Melt the butter in a large pot.
2. Meanwhile, peel and crush the garlic and add it to the pot.
3. Wash and chop the silverbeet into small pieces. Set aside.
4. Wash and thinly slice the leeks (use the white and the light green parts, not the dark green parts) and add them to the pot. Cook on medium to low heat being careful not to let the vegetables brown at all.
5. Wash and thinly slice the potatoes and add with the stock and sugar to the pot. Simmer for about 10 minutes until the vegetables are just tender. (Overcooking spoils the colour of the leeks).
6. Blend or process the mixture, or, for a chunky soup, mash with a potato masher.
7. Add the chopped silverbeet to the mixture and process again.
8. Add milk, salt and pepper according to taste and consistency

Serve with cheese straws or bread rolls.

To find out more about potatoes, visit [www.potatoes.co.nz](http://www.potatoes.co.nz)