

Leeky Potato Soup

A warming **Welsh**¹ starter.

Ingredients

to taste **FAIRTRADE** freshly ground
black pepper
4 medium leeks
1 medium white onion
1 kg old potatoes
1 large pat butter
1 litre stock
250 ml semi-skimmed milk
herbs

To serve

Garnish with herbs as available.

Serve hot with doorsteps of good wholemeal bread.

Method

Preparation

Skin the onion and chop fine.

Top and tail the leeks, wash and chop.

Peel the potatoes and cut into pieces.

Cooking

Melt the butter and sweat the leeks and onion for 5 minutes.

Add the potatoes and stock and simmer for 30 minutes until the potatoes are thoroughly cooked.

Remove from the heat and mash the potatoes in the pan.

Stir in the milk and season.

Gently heat through, and stir just before serving.

¹<http://www.fairtradecookbook.org.uk/countries/wales.htm>