

# Leek and Potato Soup

This popular soup is sometimes called 'Vichyssoise' on menus. It is very easy to make and you don't have to be too exact about the proportion of leeks and potatoes that you use. Although many recipes include cream, it can be made with milk or just stock if you want a dairy-free version. It is a cheap recipe to make, using British vegetables that are in season in the autumn.



Celery, egg, milk and wheat (gluten)\*

## Nutritional information per portion (318g):

Energy  
395kJ  
94kcal  
5%

Fat  
3.8g  
5%

Saturates  
0.8g  
4%

Sugars  
4.6g  
5%

Salt  
0.30g  
5%

of an adult's reference intake.

Typical values per 100g: energy 124kJ/30kcal.

## Equipment

Weighing scales  
Colander  
Vegetable peeler  
Chopping board  
Grater (optional)  
Sharp knife  
Measuring jug  
Kettle  
Measuring spoons  
Large saucepan with lid  
Wooden spoon  
Ladle  
Pan stand  
Blender  
Tea towel  
Mixing bowl (for the blended soup)  
Tasting spoon  
Scissors



## Ingredients

### Serves 6

1 medium potato (about 250g)

3 leeks (about 500g)

1 medium onion

1 reduced-salt vegetable stock cube

750ml water

1 x 15ml spoon vegetable oil

250ml semi-skimmed milk

Ground black pepper (optional)

A few chives for garnish (optional)

\* Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.

# Step 1

Wash and peel and chop the potato into small pieces about 2cm thick. (It could be grated.)



# Step 2

Top and tail the leeks and slice into 1cm pieces. Wash the pieces of leek in a colander.



# Step 3

Peel and finely dice the onion.



#### Skills used include:

Weighing, measuring, peeling, chopping, blending, boiling/simmering and frying.

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## Step 4

Fill and boil the kettle. Crumble the stock cube into the measuring jug and add 750ml boiling water. Stir until it dissolves.



## Step 5

Heat the oil in the saucepan on a low heat and add the onion, cook for about 5 minutes until it starts to soften. Add the leeks and cook for 5 more minutes, stirring gently. Add the stock and potatoes and bring to the boil. Reduce the heat to a simmer and add the lid.



## Step 6

Cook for about 15 minutes until potatoes are soft. Stir in the milk. Blend the soup in batches to the texture you like – chunky or smooth. Taste and add black pepper (if using). Garnish with chives.





# Optional Ingredients

Try the optional ingredients below to make a range of different dishes, or you could even add some new ingredients and invent your own dish.

## Additional Instructions

<p><b>Carrot and coriander soup</b> – Add 150g of sweet potatoes, 400g of carrots, 20g of fresh coriander and 400ml of semi-skimmed milk. Only use 400ml of boiling water to make the stock. Remove the leeks and the potato.</p>	<p>Peel and chop the sweet potato and carrots into small 1-2cm chunks. Wash and finely chop the fresh coriander. Continue with step 3 and make the stock. Heat the oil in the pan, add the onion, carrot and sweet potato and cook for 3 minutes. Pour in the stock and cook for 15 minutes. When the vegetables are soft, add most of the chopped coriander. Sprinkle with the remaining coriander to serve.</p>
<p><b>Parsnip and apple soup</b> – Add 1 clove of garlic, 3 medium sized parsnips, 1 eating apple, 2 x 5ml spoons of olive oil and 2 x 5ml spoons of curry powder. Only use 450ml of boiling water to make the stock. Remove the leek and potatoes.</p>	<p>Peel and chop the onion and garlic. Wash, peel and chop the parsnip into small 1-2cm chunks. Wash the apple and chop into small 1-2cm chunks. Continue with step 3 and make the stock. Heat the oil in the pan and add the onion, garlic and curry powder. Cook for 3 minutes. Add the parsnip and apple and cook for 3 minutes, stirring all the time. Pour in the stock and cook for 15 minutes (until the parsnip is soft).</p>
<p><b>Alternative equipment</b> – Use a potato masher.</p>	<p>If you don't have a blender, use a potato masher. Just make sure vegetables are really soft first.</p>
<p><b>Frozen or precooked vegetables</b> – Add 500g of frozen vegetables or use your leftover cooked vegetables.</p>	<p>If chopping vegetables is difficult, use diced frozen vegetables. Make the stock and add the vegetables at step 6. The vegetables will soften much quicker. (This works with leftover cooked vegetables.)</p>

## Prepare now, eat later

Prepare the vegetables the day before and keep in a sealed bag in the fridge. Cool any leftover soup and freeze. Defrost thoroughly and reheat until bubbling hot.