
Leeks 101

Hello soup.



How to store:

Cut off the green tops and save them, so that you can put them in your veggie freezer bag to make veggie stock. Loosely wrap *unwashed* leek bottoms (with roots attached) in a plastic bag and store them in the crisper drawer of your refrigerator where they will keep for

2

weeks.

LEEKS

Alliaceae

Nutritional Snapshot

- High in provitamin A carotenoids, including beta carotene
- Good source of manganese which may help with PMS symptoms and promote thyroid health
- Small amounts of copper, vitamin B6, iron and folate

Medicinal Uses

- Rich in flavanoids, especially kaempferol, polyphenols and sulfur compounds
- Flavanoids are antioxidants that have anti-inflammatory, anti-diabetes and anticancer properties
- Carotenoid to vitamin A conversion is important for vision, immune function, reproduction and cell communication

Best Uses:

Braised or steamed
Salads
Soups

Casseroles
Grilled
Sauteed
Meatballs

Pizza or Flatbread
Frittata
Savory pie

Pasta
Veggie Broth (tops)

Substitutes:

Garlic, Onions, Scallions

Preparing your Leeks:

Cut the leek about 1 inch above the white part, where the leaves begin changing from dark to light green. Save the unused greens and put them in a freezer scrap bag for making broth; they'll give great flavor to your next vegetable stock. Slit the leek lengthwise and soak it in lukewarm water for 15 minutes. Fan the leaves under running water to dislodge dirt, then pat them dry.

How to Freeze:

Freezing will soften the leeks. Clean the leeks and allow them to air dry. Then flash freeze them by just placing them sliced/chopped into a Ziplock freezer bag and place in freezer.

Suggested Recipes:

Chopped Braised Leeks

Adapted from The Victory Garden

Ingredients:

6 T. butter or margarine

4 c. leeks, chopped

2 large stalks of celery, chopped (leaves too)

salt and pepper

Directions:

Melt butter in a pan and throw in the leeks and celery. Coat them with the butter and then cover the pan with a lid. Cook over low heat for 10 minutes. Don't let them stick or burn on the pan. Season with salt and pepper.

Add chicken: Place braised leeks in a saute pan with extra butter. Heat, then lay 4 chicken breast pieces on top, cover and cook over low heat. The chicken will poach and be ready in 10 minutes. Season with salt and pepper.

Creamed Corn with Bacon and Leeks

Wow. This is really good. A favorite in our farmer family.

Ingredients:

6 ears fresh corn

2 cups 1% low-fat milk

1 tablespoon cornstarch

1 teaspoon sugar

1/2 teaspoon salt

1/4 teaspoon freshly ground black pepper

4 slices bacon

1 cup chopped leek

Directions:

Cut kernels from ears of corn to measure 3 cups; using the dull side of a knife blade, scrape milk and remaining pulp from cobs into a bowl. Place 1 1/2 cups kernels, low-fat milk, cornstarch, sugar, salt, and pepper in a food processor; process until smooth.

Cook bacon in a large nonstick skillet over medium heat until crisp. Remove bacon from pan, reserving 1 teaspoon drippings in pan; crumble bacon. Add leek to pan; cook 2 minutes, stirring constantly. Add pureed corn mixture, 1 1/2 cups corn kernels, and corn milk mixture to pan. Bring to a boil, reduce heat, and simmer 3 minutes or until slightly thick. Stir in crumbled bacon just before serving.

Grilled Zucchini and Leeks with Herb Dressing

Adapted from Paleo Leep (www.paleoleep.com)

Ingredients:

2 leeks, sliced lengthwise

2 zucchinis, sliced lengthwise

1/3 cup walnuts, toasted and crumbled

1/4 cup olive oil

1/4 cup fresh flat-leaf parsley, minced

1/4 cup fresh cilantro, minced

Juice from 1 lemon

2 garlic cloves, minced

Sea salt and pepper to taste

Directions:

Prepare grill for medium-high heat.

Season the vegetables to taste. Grill vegetables, turning often until tender for 5 to 8 minutes.

Place the vegetables in a bowl with the chopped walnuts. Add in the olive oil, parsley, cilantro, lemon, garlic, and season to taste.

Toss everything and serve.

Leek Tart

Adapted from The Victory Garden Cookbook

Ingredients:

8-10 slices bacon

2 c. chopped braised leeks, cooled (see recipes)

10 inch pastry shell, partially baked

4 large eggs
1 1/2 cups cream
3/4 t. salt
1/4 t. sugar
dash hot pepper sauce

Directions:

Cook bacon until crisp. Cool and crumble into bits.

Spread leeks evenly in pastry shell and sprinkle bacon bits over the top.

Mix eggs, cream, salt, cream, and pepper sauce and pour over leeks, mixing with fork to distribute.

Bake in a preheated 425 degree F oven for 15 minutes. Turn oven down to 300 degrees F and bake 30 more minutes until you can insert a knife into the tart and it comes out clean.

Remove and let sit for 15 minutes. Serve.

You could also add cooked chorizo sausage on top of tart before you bake.

Leek and Potato Soup

Ingredients:

1/2 c. butter
5 c. chopped leeks
3 stalks celery, chopped
1 large onion, chopped
4 c. chopped potatoes
2 qt. chicken stock
1-2 cups of heavy cream (our use sour cream dollops at the end)
salt and pepper

Directions:

Melt the butter in a saucepan, add the leeks and celery and onion and cook about 10 minutes. Add potatoes and chicken stock, cover and bring to a boil. Reduce the heat and simmer about 25 minutes (until potatoes are cooked).

Heat the cream and add to the soup along with salt and pepper to taste. If you don't have cream, simply dollop sour cream into individual serving bowls.

French Leek Pie

Adapted from AllRecipes.com

Ingredients:

- 1 (9 inch) refrigerated pie crust
- 2 teaspoons butter
- 3 leeks, chopped
- 1 pinch salt and black pepper to taste
- 1 cup light cream
- 1 1/4 cups shredded Gruyere cheese

Directions:

Preheat oven to 375 degrees F.

Melt butter in a large saucepan over medium-low heat. Stir in leeks; cook, stirring occasionally, for about 10 minutes, or until soft. Season with salt and pepper. Reduce heat to low. Stir in cream and cheese, and warm through. Pour mixture into pie shell.

Bake in preheated oven for 30 minutes, or until custard is set and golden on top. Allow to sit 10 minutes before cutting pie into wedges.

Leek, Corn, and Kale Flatbread with Goat

Cheese *Makes 2 9x13" large flatbreads*

Ingredients:

About 1 1/2 pounds pizza dough, your favorite recipe or store-bought

1 T vegetable or olive oil

1 T unsalted butter

3 large leeks (about 1 1/2 pounds)

1 bunch curly kale or about 6 cups (6 ounces) of leaves, chopped

1/2 t table salt

Freshly ground black pepper

1 c fresh sweet corn kernels (cut from 1 to 2 medium ears corn)

Cornmeal, for sprinkling baking surface

4-ounce goat cheese log, cold

Directions:

Trim the ends off your leeks and halve them lengthwise. Cut them crosswise into 1/2-inch half-rings. Fill a medium bowl with very cold water and drop in sliced leeks. Swish them around with your fingers, letting any sandy dirt fall to the bottom. Scoop out the leeks and drain them briefly on a towel, but no need to get them fully dry. Do the same with your kale ribbons, but you can leave the leaves on towels until they're nearly fully dry, while you cook the leeks.

Heat your oven to 450 degrees.

Heat a large, heavy skillet over medium heat. Once hot, add butter and oil and once they're fully melted, add the leek slices. Reduce heat to low, cover with a lid and cook leek for 10 to 13 minutes, stirring occasionally. Raise heat back to medium, add the chopped kale and cook until they wilt, about 4 minutes. Season mixture with salt and freshly ground black pepper, adding more if needed. Finally, add your corn kernels, cooking them with the leeks and kale for just another minute.

Spray two baking sheets with cooking spray or spread a thin layer of olive oil over them, then sprinkle with the cornmeal. Roll or stretch half your dough into a rectangular shape and arrange it on the prepared sheet. Spread half the leek-corn-kale mixture on it. Sprinkle it with half the log of goat cheese, crumbled into small bits.

Bake flatbread in oven for 10 to 15 minutes, until the edges of the bread begin to brown slightly. Repeat with remaining dough, filling and goat cheese.

To serve, slide each flatbread onto a cutting board and cut into 8 rectangles. Serve immediately.

Creamy Pappardelle with Leeks and Bacon

Adapted from BonAppetit.com

Ingredients:

2 tablespoons olive oil

1 tablespoon unsalted butter

4 slices thick-cut bacon, cut into 1/2-inch pieces

2 medium leeks, white and pale-green parts only, halved lengthwise, sliced crosswise

Kosher salt

3/4 cup heavy cream

2 teaspoons chopped fresh thyme

1 pound pappardelle or fettuccine

1 cup grated Parmesan

Directions:

Heat oil and butter in a large heavy pot over medium heat. Add bacon and cook, stirring often, until fat is rendered and bacon is crisp, 5-8 minutes. Add leeks and season with salt. Increase heat to medium-high and cook, stirring often, until leeks begin to brown, 5-8 minutes. Add cream, thyme, and 1/2 cup water. Bring to a boil, reduce heat, and simmer, stirring occasionally, until sauce is thickened and coats the back of a spoon, 5-8 minutes.

Meanwhile, cook pasta in a large pot of boiling salted water, stirring occasionally, until al dente. Drain pasta, reserving 2 cups pasta cooking liquid.

Add pasta, Parmesan, and 1 cup pasta cooking liquid to sauce and stir to coat. Increase heat to medium and continue stirring, adding more cooking liquid as needed, until sauce coats pasta.

Potato And Celery Root Gratin With Leeks

Ingredients:

3 cups heavy cream

2 garlic cloves, peeled

1 sprig thyme plus 3 tsp. fresh thyme leaves, divided

2 tablespoons (1/4 stick) unsalted butter, divided

3 leeks, white and pale-green parts only, halved lengthwise, thinly sliced crosswise

Kosher Salt

2 pounds russet potatoes, peeled, very thinly sliced crosswise

1 pound celery root, peeled, very thinly sliced crosswise

2 cups grated Gruyère

Freshly ground black pepper

Directions:

Preheat to 350°. Heat cream, garlic, and thyme sprig in a medium saucepan just until bubbles begin to form around edge of pan. Remove from heat; set aside to steep.

Melt 1 Tbsp. butter in a medium skillet over medium heat. Add leeks; season with salt and cook, stirring often, until tender (do not brown), 10–12 minutes. Transfer to a small bowl and set aside.

Butter a 3-qt. gratin dish with remaining 1 Tbsp butter. Layer 1/3 of potato slices and 1/3 of celery root slices evenly over bottom of baking dish. Cover with 1/3 of leeks, then 1/3 of Gruyère. Sprinkle with salt, pepper, and 1 tsp. thyme leaves. Repeat layers twice more. Strain cream mixture into a medium pitcher and pour over vegetables.

Set gratin dish on a large rimmed baking sheet and cover tightly with foil. Bake for 1 hour. Carefully remove foil; continue baking until top is golden brown and sauce is bubbling, 25–30 minutes.

DO AHEAD: Can be made 2 hours ahead. Let stand at room temperature. Tent with foil and rewarm in a 300° oven until hot, about 20 minutes