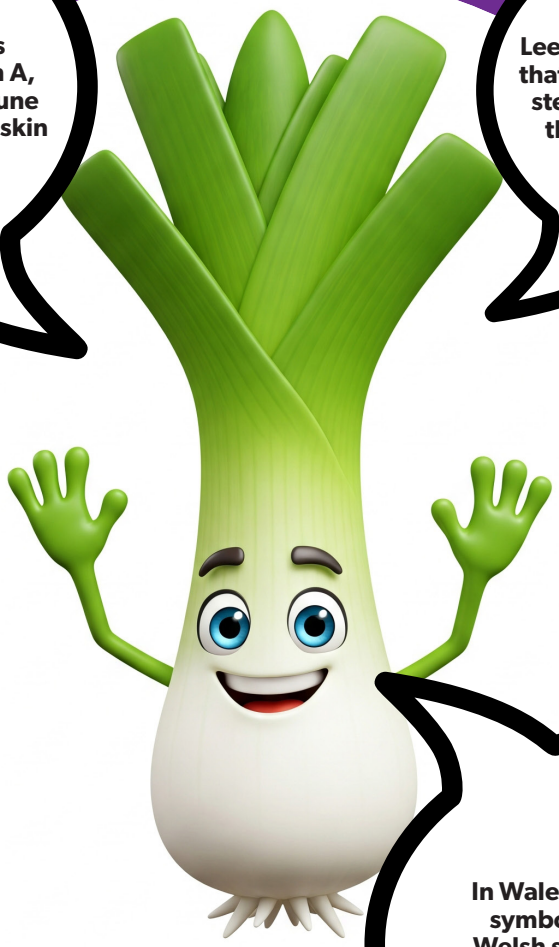
INDEPENDENTCATERING | EDUCATERLIMITED

THIS MONTH, IT'S ALL ABOUT LEEKS

Simple, Seasonal, Sensational!

Did you know?
Just one medium leek provides around 30% of your daily vitamin A, which is vital for eye health, immune support, and maintaining healthy skin

Why we love them
Leeks have a mild, sweet flavour that beautifully enhances soups, stews, and casseroles, making them a comforting favourite in winter recipes



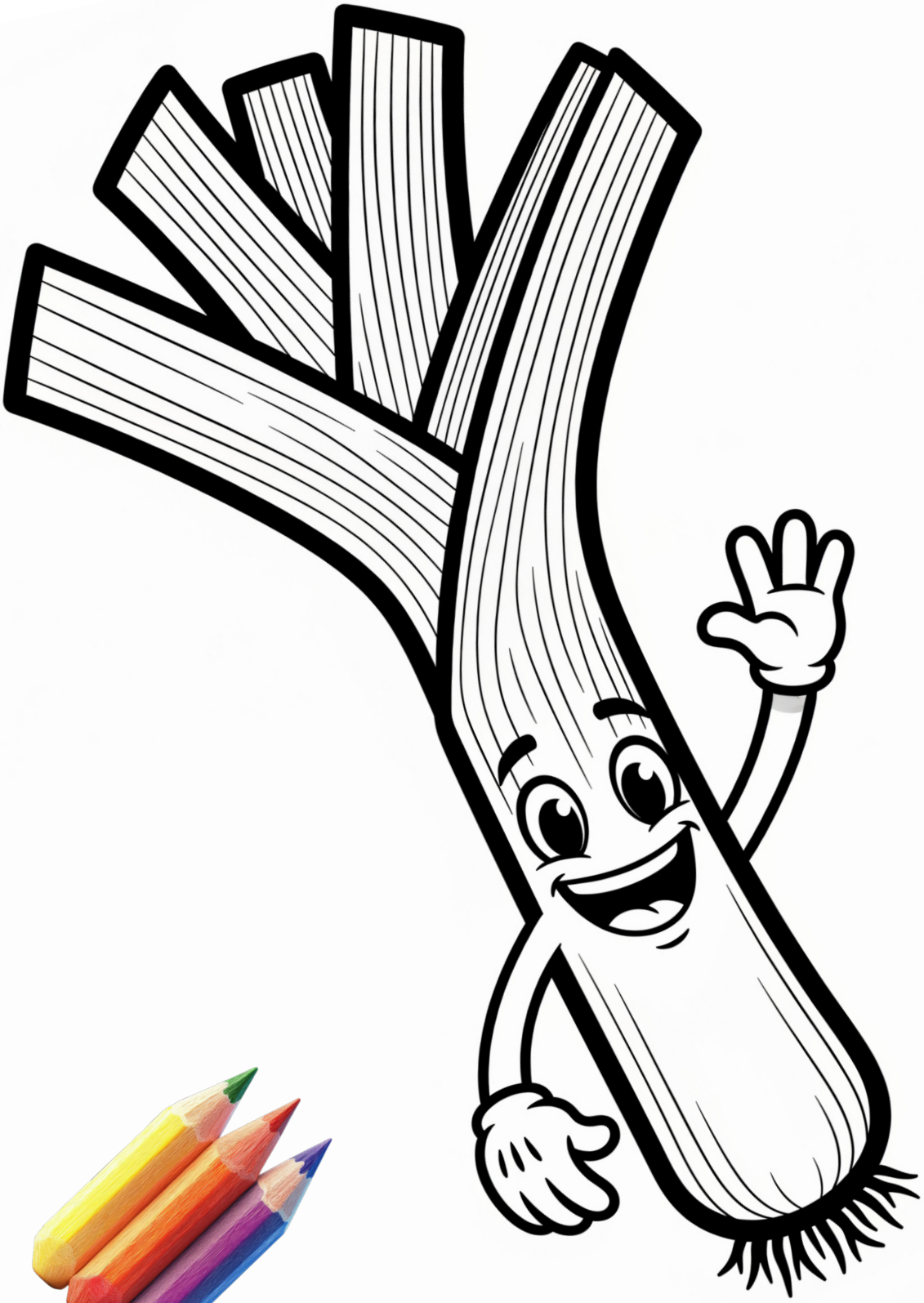
Fun fact
In Wales, leeks are a national symbol - legend says that Welsh soldiers wore leeks in their helmets to distinguish themselves in battle!

TAKE THE FLAVOUR HOME - TRY SOME OF OUR CHEFS' FAVOURITE TASTY LEEK RECIPES!

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Colour me...

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RECIPE

LEEK AND POTATO SOUP

INGREDIENTS

- Leeks (sliced) - 375g
- Potatoes (peeled and chopped) - 500g
- Onions (chopped) - ¾ onion
- Vegetable stock - 750ml
- Olive oil - 25ml
- Salt and pepper - to taste
- Milk (optional) - 75ml

METHOD

1. In a large pan, heat oil and soften leeks and onions for 10 minutes.
2. Add potatoes and stock, bring to a boil, then simmer for 25 minutes.
3. Blend until smooth. Stir in milk if using, season, and serve warm.

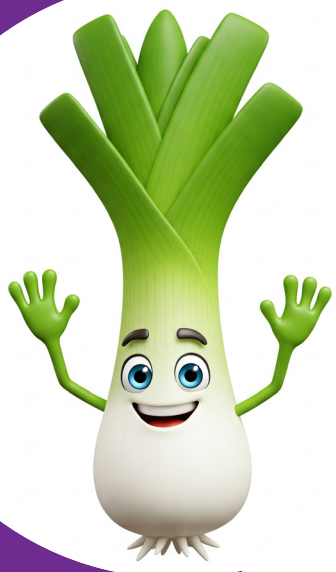
CHEESY LEEK AND PASTA BAKE

INGREDIENTS

- Pasta - 375g
- Leeks (sliced) - 300g
- Cheddar cheese (grated) - 200g
- Milk - 375ml
- Plain flour - 37.5g (2½ tbsp)
- Butter - 37.5g (2½ tbsp)

METHOD

1. Cook pasta until al dente, drain and set aside.
2. In a pan, melt butter, stir in flour to make a roux. Gradually add milk to form a sauce.
3. Add cheese and stir until melted.
4. Sauté leeks in a little oil until soft, then mix with pasta and cheese sauce.
5. Transfer to trays and bake at 180°C for 20 minutes.



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RECIPE

LEEK AND SWEETCORN FRITTERS

INGREDIENTS

- Leeks (finely chopped) - 250g
- Sweetcorn - 300g
- Eggs - 1½ (use 2 small or 1 large plus a little extra milk if needed)
- Plain flour - 100g
- Milk - 75ml
- Baking powder - ½ tsp
- Oil - for frying

METHOD

1. Mix flour, baking powder, eggs, and milk to form a thick batter.
2. Stir in leeks and sweetcorn.
3. Fry spoonfuls of mixture in oil over medium heat until golden and cooked through.
4. Serve warm with a yoghurt dip.

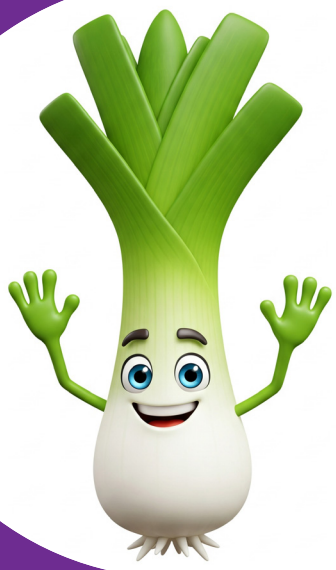
LEEK AND CHEESE SCONES

INGREDIENTS

- Self-raising flour - 250g
- Butter - 62.5g
- Grated cheese - 100g
- Leeks (softened) - 125g
- Milk - 125ml
- Mustard powder - ¼ tbsp (optional)

METHOD

1. Preheat oven to 200°C. Rub butter into flour to form crumbs.
2. Stir in cheese, leeks, and mustard if using.
3. Add milk gradually to form a dough. Roll and cut into 20 scones.
4. Bake for 15-20 minutes until golden and risen.



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RECIPE

LEEK AND LENTIL STEW

INGREDIENTS

- Leeks (sliced) - 250g
- Carrots (chopped) - 250g
- Red lentils - 200g
- Tinned tomatoes - 200g (½ tin)
- Vegetable stock - 625ml
- Garlic - 1 clove
- Olive oil - 25ml

METHOD

1. In a large pot, heat oil and sauté leeks, garlic, and carrots.
2. Add lentils, tomatoes, and stock. Bring to a boil, then simmer for 30-35 minutes.
3. Serve with bread for a hearty lunch.

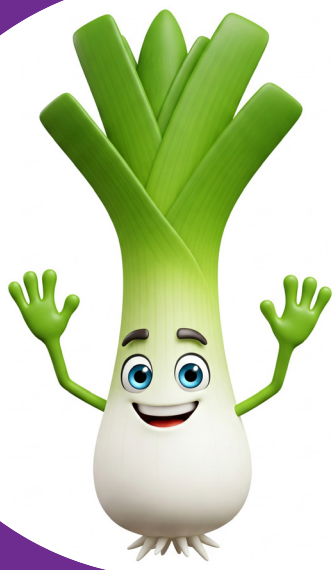
MINI LEEK QUICHES

INGREDIENTS

- Shortcrust pastry - 500g
- Leeks (softened) - 200g
- Eggs - 2½ (use 2 eggs plus a little extra milk or use 3 small eggs)
- Milk - 200ml
- Grated cheese - 100g

METHOD

1. Preheat oven to 180°C. Line 20 muffin tins or small tart cases with pastry.
2. In each case, add softened leeks and a sprinkle of cheese.
3. Beat eggs with milk, pour into cases.
4. Bake for 20-25 minutes until golden and set.



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