

LEEK & POTATO SOUP

A RECIPE BY LINDA BROMFIELD

This recipe makes a very quick, warming and tasty pan of leek and potato soup, using free ingredients from the garden. It is delicious when served with warmed crust bread – or stottie cake! Emily Lanagan can be seen below with her daughter, Linda, on Sunderland Street in October 1958. More recipes from the **A TASTE OF HOUGHTON** series can be found on the **HH** website.

INGREDIENTS

Leeks x 4 (large ones from the leek trench in the allotment or garden)
Potatoes x 2 (medium sized, peeled and diced)
Onion x 1 (medium sized, chopped small)
Chicken/vegetable stock x 1½ pints
Milk x ½ pint
Butter x 2 oz
Salt and black pepper

METHOD

1. Trim off the tops and roots of the leeks; discard the tough outer layer. Split them in half and slice them up finely. Wash thoroughly and drain well.
2. In a large, thick based pan gently melt the butter, add the leeks, potatoes and onion, stirring them all round so they all get coated with the butter.
3. Season with the salt and pepper, then cover and let the vegetables 'sweat' over a very low heat for 15 minutes.
4. After that add the stock and the milk, bring to simmering point, put the lid back on and let the soup simmer very gently for a further 20 minutes or until the vegetables are soft (if you have the heat too high, the milk in it will boil over).
5. You can either put the whole lot in a liquidiser and blend to a smooth puree or press it all through a sieve.
6. Return the soup to the pan and reheat gently.



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