

Leeks



Selecting

Look for leeks with long, white stems and roots attached, since the flesh begins to dry out once the roots have been removed. The leaves should be crisp. Usually the leaves are on the large size. But leeks with small to medium size leaves have a sweeter flavour.

Storing

Leeks can be placed in a plastic bag and refrigerated. They will keep for up to five days. You can cut off the dark green outer leaves to reduce the bulk, if desired.

Leeks can also be frozen. Before freezing, slice leeks, clean well and pat dry. Arrange slices in a single layer on a baking sheet and flash freeze. Once frozen, transfer to an air tight container. They will keep a few months in the freezer and make a great addition to soups and stews.

Preparing

To prepare, trim roots and ends off leeks. Remove tough, dark green outer leaves. Hold each leek under cold running water to flush out the dirt that

is trapped between the layers of leaves. If you are going to slice leeks, it is easier to slice first and then rinse well.

Most recipes use only the bottom half of the leek (white and light green parts) which are most tender. It is best to prepare leeks just before cooking to prevent them from drying out.

Leeks can be steamed, baked, grilled or roasted.

Eating leeks

Leeks are used in risottos, soups, casseroles, pasta, sauces and omelets

Seasonality

Leeks are in season from July until September.

Nutrition

Leeks contain folate, iron, Vitamin C, Vitamin B6 and magnesium.



Here is a great soup recipe using leeks requiring only 10 minutes for preparation.
www.halfyourplate.ca/recipe/pei-potato-leek-soup/

