

leek, potato and cauliflower soup

Equipment:

Bowls, colander, large saucepan, chopping board, knives, peeler, measuring cups, scales, wooden spoon, bamix,

Ingredients:

a good glug of olive oil
20 gms butter
1 onion
1 leek
3 garlic cloves, lightly crushed
500 gms potatoes
1/4 cauliflower, about 250 gms
1 tspn stock powder
1 tspn ground cumin
1-2 litres warm/hot water (boil the kettle)
1 sprig of thyme
3 bay leaves
salt, and freshly ground black pepper
1 stalk parsley

method

Wash, peel and chop potatoes. Chop garlic and onions. Slice leek (using some of the green as well as the white) thinly, and wash very thoroughly (they tend to have a lot of dirt in them). Wash and chop cauliflower.

Melt butter and oil in pot, and stir in onion, leek and garlic; cook until soft. Drain potato, throw into pot along with the cauliflower and cumin; stir and cook for 5 mins. Add water, stock powder, bay leaves and thyme; simmer until tender. Take out bay leaves and thyme. Puree, and add salt and pepper to taste (you need to be generous). Serve scattered with chopped parsley.

Celery and fennel can be added if desired; stir in with the onion.