



today's main ingredient

A  LOCAL FOOD PODCAST



Braised Leeks

INGREDIENTS – Serves 4 to 6 as side dish

12 small to medium leeks, trimmed and cleaned
1 1/2 cups chicken or vegetable stock
Salt to taste
6 Tablespoons butter (2 for the baking dish)

Preheat the oven to 350°F

STEP 1 – Place the leeks in a pan or pot wide enough to hold them in one or two layers. Add enough stock to almost cover them. Add salt to taste; the amount will vary depending on the saltiness of the stock. Bring to a boil and then turn down the heat. Simmer for 10 minutes.

STEP 2 – Reserving the cooking liquid, remove the leeks to a buttered baking dish wide enough to hold them in a single layer. Pour the cooking liquid over them and dot with the remaining butter.

STEP 3 – Bake for 30 minutes until the leeks are lightly browned and the liquid has almost evaporated. Serve.

To make a light main course, add a thin slice of ham over each leek portion and top with a half cup of grated cheddar. Broil until bubbly.

To serve cooked leeks cold or chilled, spoon an everyday vinaigrette over each serving.