

## Leek and Potato Soup

*Adapted from Julia's Kitchen Wisdom:  
Essential Techniques and Recipes from a  
Lifetime of Cooking by Julia Child*

### Ingredients:

- 3 cups sliced leeks (white and tender green parts)
- 3 cups peeled and roughly chopped "baking" potatoes)
- 6 cups water
- 1-1/2 teaspoons salt
- 1/2 cup heavy cream or half-n-half
- 1/2 cup sour cream or creme fraiche, optional



### Directions:

1. Bring ingredients to the boil in a 3-quart saucepan. Cover partially and simmer 20 to 30 minutes, until vegetables are tender. Correct seasoning. Serve as is, or puree, and/or top each portion with a dollop of the cream.
2. For Creamy Leek and Potato Soup: After simmering the preceding soup, puree it and whisk in 1/2 cup heavy cream. Reheat to the simmer again before serving.

**How to Prepare Leeks:** Trim off the root ends, keeping the leaves attached. Cut off tops so the leeks are 6 to 7 inches long. Starting 1/2 inch from the root and keeping leaves attached, slit each leek lengthwise in half and then in quarters. Wash under cold running water, spreading the leaves apart to rinse off all dirt. Leeks can be braised whole or sliced crosswise into pieces for soup. To julienne, cut leeks crosswise into 2-inch pieces, press leaves flat, and slice lengthwise into matchsticks.

**To Puree a Soup:** To use an immersion blender, set the machine upright in the center bottom of your soup pan, turn it on and move it around, but do not bring it to the surface. To use the food processor, strain the soup and turn the solids into the processor, adding to them a little of the liquid, then process, adding a little more liquid as needed. To use the vegetable mill, strain the soup and add the solids gradually to the mill, passing them through with small additions of the liquid.