

## Leek and Potato Soup

From [Vegetables Every Day](#) by Jack Bishop

4 medium leeks  
2 tablespoons extra-virgin olive oil  
1 pound red potatoes, peeled and cut into ½-inch dice  
4 cups chicken or vegetable stock  
1 bay leaf  
Salt  
Freshly ground black pepper  
2 tablespoons minced fresh parsley leaves

1. Trim and discard the dark green tops and tough outer leaves from the leek. Remove the roots along with a thin slice of the nearby white part. Halve the leeks lengthwise and then cut them crosswise into thin strips. Wash the sliced leeks in a large bowl with several changes of clean water, or until no grit falls the bottom of the bowl.
2. Heat the oil in a large casserole or Dutch oven. Add the leeks and sauté over medium heat until tender and golden, about 10 minutes (Do not let the leeks brown. )
3. Add the potatoes, stock, bay leaf, and salt and pepper to taste. Bring to a boil, reduce the heat, and simmer until the potatoes are tender, about 25 minutes.
4. Use the back of a wooden spoon to crush some of the potatoes against the side of the pot to thicken the texture of the soup. Leave some of the potato chunks intact. Remove the bay leaf and stir in the parsley. Adjust the seasonings and serve immediately.

### Variation: Creamy Leek and Potato Soup

Prepare the soup through step 3. Remove and discard the bay leaf. Purée the soup in a blender. (Do not purée any longer than necessary or the potatoes will become gluey.) Return the soup to the pot and stir in ½ cup heavy cream and the parsley. Bring almost to a boil, adjust the seasonings, and serve immediately.