

Vichyssoise soup



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For 4-6 servings:

1 onion, finely chopped
2 large leeks, sliced
3 medium potatoes, cubed
1 cup unsweetened soy milk
1 tablespoon olive oil
salt and pepper, to taste

parsley or chives, for garnish

Heat the oil in a soup pan and add the onion. Stir fry for about 2-3 minutes then add the leeks. Cover and simmer for a few minutes, stirring occasionally.

Add the potatoes and 3 cups of water. Cover and simmer.

When the vegetables are cooked add the soy milk, salt and pepper. Let it cook for 1-2 minutes.

Blend/process until you get a smooth cream.

Garnish the dish with finely chopped parsley or chives .

Serve cold or warm.

Sauteed leeks



Sauteed leeks

For 4 servings:

4-5 leeks, sliced

2 teaspoons oregano

1 teaspoon basil

fresh chilli / chilli flakes, to taste (optional)

2 tablespoons olive oil

salt and pepper, to taste

Heat the oil in a saucepan, add the leeks, chili, oregano and basil.

Cover and simmer on medium heat, stirring occasionally.

When the leek has softened add salt and pepper.