



Potatoes come in a range of shapes and sizes. Different varieties have different uses.

- Potatoes should be stored in a cool, dark place. Sunlight turns them green. This green colour is toxic so should not be eaten.
- Waxy potatoes boil well and hold their shape – excellent for making potato salad, serving plain with seasoning and chopped olives or for using where holding the shape is needed.
- Floury potatoes are great roasted and easily mashed and also great baked.
- New potatoes are small with thin skin that needs no peeling.
- If boiling potatoes just use the minimum of water to cover the pan and steam slowly for 30 minutes or so (depending on the size of the potato).
- Vitamin C is lost in boiling water, so save the water and use for stocks and soups (this applies to all vegetables).



Leek & Potato Soup

Preparation and cooking time: about 45 minutes

serves

4

Ingredients

- 2 large leeks
- 1 large or 2 medium potatoes
- 1 stock cube
- About 1 cup milk
- 1 tablespoon vegetable oil
- Water

Method

- Clean leeks thoroughly - remove roots, split the top half in half lengthways to clean out soil from the leaf bases - and chop finely.
- Heat the oil in a pan over medium heat. Add the leeks and stir then cover. Cook until starting to wilt.
- Meanwhile, scrub and cut the potato into small dice then add to the pan.
- Add boiling water to cover. Add the stock cube. Simmer, covered for about 18 minutes until the potato is tender.
- Strain the soup or spoon out the pieces with a sieve spoon.
- Put a little milk in the blender and blend the leek and potato until smooth.
- Return to the pan and stir in the rest of the milk. Season with freshly grated black pepper.
- Serve with chunks of fresh (granary) bread.