Sweet Baby Leek and Potato Soup.

**Equipment**
- Knife
- Chopping Board
- Large stock pot
- Wooden Spoon
- Ladle
- Colander

**What to do**

**For the soup**

1. Peel and slice onions. Wash leeks carefully to remove all dirt and slice. (trim off the base and dark green part of the leek and add to compost). Peel garlic and crush. Finely chop celery.

2. Peel potatoes and put into a bowl with cold water. Cut into cubes. Drain potatoes in colander when needed.

3. Melt butter and Olive oil in large pot on medium heat until it sizzles.

4. Add onions, leeks, garlic, celery, potato and Bay Leaf. Stir with a wooden spoon until well coated.

5. Reduce heat and cook until leeks soften. This stage takes about 5-10 mins.

6. Pour in stock, place lid on pot and turn up heat to bring to the boil.

7. Gently simmer with lid ajar until potatoes are soft. Season with Salt and Pepper.


**To serve**

Carefully ladle one spoonful of soup into a bowl and sprinkle some fresh herbs on top.

**Ingredients**
- 1 onion
- 2 cloves garlic
- 4 Baby Leeks, washed
- 4 large potatoes
- 1 stick celery
- 2 tablespoons butter
- 2 tablespoons olive oil
- 2L chicken stock
- Pinch salt
- Ground black Pepper
- 1 Bay Leaf
- Chopped fresh herbs

**From the Garden**
- Onion
- Bay Leaves
- Baby Leeks
- Potatoes
- Fresh herbs

**Research:**

1. Why are leeks the “original super-food?”

2. Where did Leek and Potato soup originate from?

3. What is garlic good for in Winter?