

# Luscious Leek

## **General Information**

Although it is often associated with spring, LEEK is harvested abundantly throughout the summer and fall. Leek is a sweet, subtly-flavoured onion relative and can be used for seasoning, but also served as a vegetable on its own. Thin leeks (the kind you will find in your Food Boxes) have the best flavour and texture.

## **Storage and Preparation**

If you would like to store your leek a bit before consuming it, refrigerate it loosely wrapped in plastic in the crisper drawer for a week or more. Before eating, you can trim any dark green tops, tough outer leaves and a very thin slice from the root end. Halve leeks lengthwise and wash in a bowl of water, gently spreading the layers apart.

## **Cooking Preparation**

To cook, slice or cook whole.

### **Sauté**

Chop leeks and sauté leeks in several tablespoons of butter, 8-10 minutes.

### **Boil**

Boil leeks in small amount of water, 12 minutes or until just tender.

### **Steam**

Steam in basket over boiling water, covered, about 15 minutes. Leeks don't microwave well.

## **Serving Suggestion**

Leeks are not typically eaten raw. Top cooked leeks with lemon butter, cream sauce, cheese sauce, marinara or fresh tomato sauce. Or marinate in vinaigrette. Add leftovers to soups or mashed potatoes. They go well in a quiche or can be used to replace onions in any recipe.

*Taken from "Simply in Season," by Mary Beth Lind and Cathleen Hockman-Wert*