FREE RECIPE CARD NO. 015

KOOK’S CREAMY LEEK & POTATO SOUP

Slow-sweated leeks, buttery potato and cream — silky and deeply comforting.



⏱️ QUICK INFO

- • Serves: 6
- • Prep: 20 minutes
- • Sweat: 15 minutes
- • Simmer: 20–25 minutes
- • Finish: 5 minutes
- • Stove: low–medium heat
- • Total: about 1 hour

🍏INGREDIENTS

🥣 SOUP
• 50 g unsalted butter
• 600 g trimmed leeks, washed + sliced
• 1 small brown onion, diced
• 2 garlic cloves, sliced
• 750 g Sebago potatoes, 2 cm cubes
• 1.2 L low-salt chicken/veg stock
• 1 bay leaf + 3 thyme sprigs
• 200 ml pouring cream
• 1 tsp salt + ¼ tsp white pepper
🌿 FINISH
• 2 tbsp finely chopped chives
• Extra cream, optional

METHOD

1. Wash thoroughly
Open the leek layers and remove every trace of grit.

2. Sweat without colour
Soften the leeks and onion gently in butter.

3. Simmer the potatoes
Add stock and herbs; cook until potatoes crush easily.

4. Blend briefly
Purée only until smooth to avoid excess starch.

5. Finish with cream
Reheat gently, adjust consistency and season carefully.

🪶 THE STORY

Named for Antoine-Augustin Parmentier, who championed the potato in France, potage Parmentier appeared in Escoffier’s 1903 Guide Culinaire. Chilled vichyssoise came later, credited to Ritz-Carlton chef Louis Diat in New York in 1917.

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🔥 KOOK’S SECRET

Blend only until smooth. Prolonged high-speed blending releases excess potato starch and turns silky soup sticky. Short stick-blender bursts give better control.

Full recipe and printable card: kookssecrets.com

CREAMY LEEK & POTATO SOUP — FULL METHOD

THE CALM, COMPLETE METHOD

1. CLEAN THE LEEKS

Trim roots and dark green tops. Split leeks lengthways, fan the layers under cold running water and rinse away all grit. Drain well and slice thinly.

2. SWEAT WITHOUT COLOUR

Melt butter in a heavy pot over medium-low heat. Add leeks, onion and salt. Cover for 5 minutes, then uncover and cook for 10 minutes, stirring often, until very soft but not browned. Add garlic for 1 minute.

3. SIMMER GENTLY

Add potatoes, hot stock, bay and thyme. Bring just to a simmer, then lower the heat. Cook uncovered for 20–25 minutes, until a potato cube crushes easily against the pot.

4. BLEND BRIEFLY

Remove bay and thyme; rest for 5 minutes. Use a stick blender in short bursts only until smooth. For a jug blender, work in small, vented batches and never fill it more than halfway with hot soup.

5. ADD THE CREAM

Stir in cream and white pepper. Reheat gently without a hard boil. If too thick, add a little hot stock or water. Taste and adjust the salt; the soup should coat a spoon but still pour easily.

6. FINISH + SERVE

Ladle into warm bowls. Finish with chopped chives and a small swirl of cream if desired. Serve hot with crusty bread.

💡 WHY SOUP TURNS GLUEY

Heat swells the potato’s starch granules. Prolonged blending ruptures more cells and releases excess starch, creating a sticky texture. Blend briefly and stop as soon as the soup is smooth.

ALLERGEN: MILK • COOL QUICKLY IN SHALLOW CONTAINERS • REFRIGERATE AT 5°C OR COLDER • EAT WITHIN 3 DAYS • REHEAT ONCE UNTIL STEAMING HOT • FREEZE BEFORE ADDING CREAM FOR UP TO 3 MONTHS

Full recipe and printable card: kookssecrets.com