

# LEEK

## WHAT PARTS CAN I EAT AND HOW?



### THE DARK GREEN TOPS

- Use them to add flavour to stocks, soups or sauces
- Finely chop them and add them to quiches or savoury tarts

### THE WHITE STALK

- Grilled, roasted or sautéed, as a side dish (sliced lengthwise)
- In a soup
- Finely chopped in a pasta sauce
- Sautéed into an omelet or egg scramble
- On pizza

**COOKING TIP:** Leeks are often filled with dirt and sand, so cleaning them is an important part of the preparation process.

**NUTRITION TIP:** The green part of the leek is rich in Vitamin C, so don't throw it away!

### WHEN IS IT IN SEASON?



Leek is in season from **August to March!**

### STORAGE



Wrap leeks in plastic when storing in the refrigerator to avoid their odor from spreading. Do not trim or wash before storing. Leeks will last up to two weeks in the refrigerator if they are purchased fresh.

# SWEET POTATO & LEEK GALETTE

SERVES 4

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## INGREDIENTS

### FOR THE CRUST:

- 6 tablespoons all-purpose flour
- 1/4 cup whole wheat flour
- 3 pinches salt
- 1/4 cup butter, cold
- 2 tablespoons plain yogurt
- 1 teaspoon vinegar
- 2 tablespoons ice water

### FOR THE FILLING:

- 2 small sweet potatoes (about 3 cups)
- 1 small leek, sliced.
- 2 tablespoons olive oil
- 1/2 teaspoon salt
- 2 pinches Cayenne pepper (to taste)
- 6 tablespoons cheddar cheese, grated

## INSTRUCTIONS

1. Preheat the oven to 375°F. Peel the sweet potatoes, and dice into 1/2 inch cubes.
2. Mix the cubes of sweet potato and sliced leeks with olive oil and salt, and place on a baking sheet covered in parchment paper. Bake for 30 min, or until tender.
3. Crust: In a bowl, mix the flour and salt. Cut the butter in cubes and add it to the bowl. With your fingers, rub the butter into the flour mixture until the butter pieces are as small as peas. In a small bowl, whisk together the yogurt, vinegar and ice water. Pour over the flour mixture and use a spatula to incorporate the liquid into the dough. Refrigerate.
4. Mix together the vegetables, Cayenne pepper and cheese in a large bowl.
5. Take the dough out of fridge. On a floured surface, roll out the dough into a circle. The dough should be 3 to 4 mm thick.
6. Transfer to a baking sheet covered in parchment paper. Spread out the filling in the center of the dough, leaving a border of 1 1/2 inches. Fold the borders of dough towards the center and press lightly on the overlapping edges to seal. The center will stay open. Bake 30-40 min.

*Replace the sweet potatoes with potatoes or winter squash, or the leeks with onions for a slightly different flavour!*

*Recipe adapted from Deb Perelman*