



# For the love of leeks

Favourite recipes from British growers



# What the chefs say

I think British leeks are great and we should use them more! They are easy to work with and add texture and a subtle flavour that really enhances a dish.

**Larkin Cen**

Taking notice of local and in-season produce has changed the way I cook and encouraged me to celebrate the brilliant veg we have here in the UK. Leeks are extremely versatile and can be used for a bit of crunch, or to give a beautifully creamy element to a dish.

**Lucy Parker**

Leeks are one of my favourite comfort ingredients. They're at their best from November to April, which is perfect as it's the time we most need a bit of comfort food. Sweet and versatile, they are a great addition to stews, soups, pasta dishes and roast dinners.

**Amy Sheppard**

To me, British grown leeks are an absolute essential. Tasty, versatile and available fresh through the winter, they can be used in so many delicious ways. They're nutritious too, packed with nutrients and antioxidants. All in all, British leeks deserve their place in my weekly shop, and should be in yours too.

**Helen Best Shaw**

I've always loved leeks. They can add both a gentle, sweet flavour to dishes whilst also having quite a pungent kick which makes them so versatile. They're wonderfully rich in stews and hearty soups in the winter as well as light and delicate in quiches and risottos in the summer, which makes them delicious all year round.

**Dominic Franks**

I love the versatility and subtle onion like lift that leeks give to dishes. We should all try and include the humble leek in more of our day to day recipes.

**Laura Graham**

I love the versatility of leeks. They cook really quickly and add a lovely allium sweetness to recipes across so many different cuisines. With the plump juicy white sections and the more herbal green tops, it's almost as if you are getting two for one!

**Joe Woodhouse**

I love cooking with leeks. With their distinct, delicate yet robust flavour, they have a magical ability to elevate any dish. I adore their sweet fragrance as they cook and their long growing season means I have plenty of chances to experiment!

**Elly Curshen**

# Contents

## Soups

- 3 Chicken & Leek Soup With Cheese & Leek Scones
- 4 Leek & Butterbean Soup With Rosemary Croutons
- 5 Leek & Seafood Chowder

## Mains

- 6 Lamb & Leek Thai Red Curry
- 7 Leek, Cavolo Nero & Sweet Potato Tart
- 8 Leeks & Mussels In Cider Sauce
- 9 Salmon & Leek Ramen
- 10 Lamb Kebabs With Leek Rice
- 11 Venison Steak With Creamy Leeks
- 12 Caramelised Leek Tart Tatin
- 13 Leek & Lamb Cobbler
- 14 Bacon Wrapped Chicken With Leeks & Peas
- 15 Leek & Wild Mushroom Pappardelle
- 16 Leek & Spelt Salad With Figs

## Sides & Snacks

- 17 Leek & Garlic Twist Bread
- 18 Leek & Goats Cheese Rarebit
- 18 Leeks Tossed In Butter With Chestnuts & Bacon
- 19 Honey & Mustard Marinated Leeks
- 20 Glamorgan Sausage Rolls
  
- 21 Fun facts
- 22 Nutritional information
- 23 Our growers





## Chicken & Leek Soup with Cheese & Leek Scones

Serves: 4 - makes 6 to 8 scones

Preparation time: 10 minutes

### Ingredients:

#### For the soup:

- 500g leeks, finely sliced
- 30g butter
- 200g carrots, peeled and finely chopped
- 250g salad or new potatoes, skin on, finely chopped
- 1 onion, finely chopped
- 2 chicken breasts, cut into small pieces
- 1 litre of chicken stock
- 400ml milk

#### For the scones:

- 225g self raising flour
- 1 tsp baking powder
- 50g butter
- 1 tsp dried parsley
- 100g grated cheddar cheese
- 1 tsp dijon mustard
- 80ml milk

### Method:

- 1 Place the butter in a large non-stick pan. Add the leeks and fry for 7 minutes until soft.
- 2 Remove from the pan and set aside.
- 3 Heat the oven to 200°C.
- 4 Add the carrot, potato and onion to the pan with a little oil. Fry for 5 minutes until starting to soften.
- 5 Add the chicken to the pan and fry for 5 minutes until no longer pink.
- 6 Add the chicken stock, milk and two thirds of the sautéed leeks. Season with salt and pepper and simmer until the carrot and potato are tender and the chicken is cooked through. Then serve as it is or blitz until smooth.
- 7 Then make the scones. Place the flour and baking powder in a large mixing bowl.
- 8 Add the butter and use your fingertips to rub the flour and butter together until there are no lumps
- 9 Season with salt and pepper and add the dried parsley, grated cheese, a teaspoon of mustard and the remaining third of sautéed leeks.
- 10 Stir until thoroughly combined.
- 11 Add the milk and use your hands to combine until you have a dough. Turn it out onto a floured surface and roll it out to around an inch in thickness. Cut out 6 to 8 circles and place them on a lined baking tray, gathering up the dough and rolling it out again when needed.
- 12 Brush the tops of the scones with milk and bake in the oven for 15-20 minutes or until golden brown on top and cooked through.

# Leek & Butterbean Soup with Rosemary Croutons

Serves: 4 - 6

Preparation time: 10 minutes

Cooking time: 30 minutes

## Ingredients:

### For the soup:

- 1 red onion, roughly diced
- 1-1.2kg, about 6 leeks, whites sliced into 1-2cm rounds, green part shredded
- 1 litre stock, or 2 stock cubes dissolved in 1 litre hot water
- 2 tins butterbeans, drained
- 1-2 tbsps cider vinegar
- 25g parsley, finely chopped
- Lemon zest, optional on croutons or soup
- Sea salt flakes and black pepper

### For the croutons:

- 300g sourdough bread, cut into 3cm cubes
- 60g or 4 tbsp olive oil
- 5 stalks of rosemary

## Method:

- 1 Set the oven to 220°C/200°C Fan /Gas 7. Place a large oven tray in the oven to heat.
- 2 Toss the bread in 4tbsp of oil and a good pinch of salt in a large mixing bowl. Coat well.
- 3 Remove the tray from the oven and spread out the oiled bread evenly.
- 4 Add the rosemary to the mixing bowl and cover in any remaining oil.
- 5 Return the tray to the oven for 15 minutes.
- 6 Then give the tray a shake and rotate 180 degrees in the oven, cook for a further 10 minutes.
- 7 Add the rosemary and cook for a final 5 minutes.
- 8 Meanwhile in a pan that will fit everything heat 2 tbsp oil over a medium heat.
- 9 Add the onion and cook for 5 minutes.
- 10 Add in the leeks and stir to combine. Cook for a further 2 minutes.
- 11 Then add the stock and beans, bring to a simmer. Once the leeks are tender check the seasoning and add salt and the vinegar to your taste.



- 12 Remove the croutons from the oven. The croutons should be crisp and browned.
- 13 Once cool enough to handle pull the rosemary leaves from the branches and crumble between your fingers over the croutons. Mix to combine and place on a serving dish.
- 14 Once ready to serve, stir through the parsley and divide into individual bowls.



## Leek & Seafood Chowder

Serves: 4

Preparation time: 5 minutes

Cooking time: 25 minutes

### Ingredients:

- 2 large leeks
- 100g bacon (3-4 rashers back bacon)
- 15g butter
- 1 tbsp olive oil
- 2 tbsp flour
- ½ tsp turmeric (optional, for colour)
- ½ tsp cayenne pepper (optional, adjust to taste)
- 600ml fish stock (or weak chicken stock if you do not have fish stock)
- 400ml milk
- 200g potatoes (cleaned and diced, no need to peel)
- 320g packet of fish pie mix
- 150g packet of cooked prawns
- 4 tbsp cream
- Fresh parsley (to garnish, optional)

### Method:

- 1 Cut the leeks in half lengthwise, then into thin slices. If necessary, wash and then pat dry with a tea towel, or give your leeks a quick spin in the salad spinner.
  - 2 Cut or scissor the bacon into 1cm pieces.
  - 3 Put the butter and olive oil in a frying pan and melt over a medium heat. Add the leeks and bacon and sauté for 5-10 minutes, stirring gently until the bacon is cooked and the leeks tender.
  - 4 Add the flour, turmeric and cayenne pepper. Stir in and fry for two minutes.
  - 5 Slowly add the stock, a little at a time, making a smooth paste. It is important to do this slowly to avoid getting lumps in the soup. Once the mixture is the consistency of single cream, transfer to a large saucepan.
  - 6 Add the rest of the stock, the milk and the potatoes. Gently simmer for 15 minutes until the potatoes are cooked. Keep an eye on the pot, as simmering milk can easily boil over.
  - 7 Once the potatoes are cooked, switch off the heat. Break up any larger pieces of fish. Then add the fish and prawns, stir in and cover the pan.
  - 8 Leave for 5 minutes, allowing the fish to cook in the residual heat.
  - 9 Add the cream and stir in well. If necessary, gently reheat before serving. Season to taste with pepper and salt.
  - 10 Now put two tsp of cornflour in a bowl. Add a tablespoon of liquid from the soup mixture to the cornflour (NOT the other way around) and mix well so that they are well combined with no lumps.
  - 11 Add the mixture to the soup and simmer, stirring until thickened to your preferred consistency. Then continue to follow the recipe above.
  - 12 Serve with an extra swirl of cream and a garnish of chopped parsley.
- NB** *This soup is best served immediately and not reheated. If you feel there will be too much, you can halve the recipe and freeze the fish pie mix and prawns for another day.*



## Ingredients:

### For the curry paste:

- 2 stalks of lemongrass, trimmed and chopped
- 1 fresh red chilli, finely diced and deseeded
- 2 cloves of garlic
- 2 jarred red peppers in oil
- 1 heaped tsp tomato puree
- Juice of 2 limes
- 1 tbsp cumin seeds
- 1 tbsp coriander seeds
- 1 tbsp paprika
- 2 tbsp soy sauce
- 1 tsp sesame oil
- 2cm (1/4 in) piece of fresh ginger
- 1 tablespoon caster sugar

### For the curry:

- Little olive oil, for frying
- 500g lamb leg steaks, chopped into chunks
- 1 x 400g tin of coconut milk
- 500g baby new potatoes, halved
- 150g leek, washed and finely sliced, tough outer leaves removed
- 50g, mangetout, halved
- 1 red pepper, finely sliced
- 1 lime, to serve
- A handful of fresh coriander

## Lamb & Leek Thai Red Curry

Serves: 4

Preparation time: 5 minutes

Cooking time: 55 minutes

### Method:

- 1 For the curry paste put all the ingredients into a food processor and blend to a paste. Once a fragrant curry paste is formed, reserve.
- 2 Drizzle some olive oil into the hot frying pan and add the lamb and fry until golden on the outside, then add the curry paste and fry for 1 more minute.
- 3 Pour the coconut milk in and turn the heat down to a simmer and put the lid on the pan slightly ajar and cook for 20 minutes, then add the potatoes.
- 4 After another 30 minutes put the leeks, mangetout and peppers in and cook for a further 5 minutes.
- 5 To serve - garnish with a wedge of lime and some freshly chopped coriander.

# Leek, Cavolo Nero & Sweet Potato Tart

Serves: 6 - 8

Preparation time: 30 minutes

Cooking time: 25 minutes

## Ingredients:

- 2 large leeks
- 2 medium sweet potatoes
- 150g cavolo nero (around four stalks)
- 3 cloves garlic
- 1 sheet shortcrust pastry (homemade or shop bought, no judgement here!)
- Pea shoots to garnish

## Spices:

- 1 tsp cumin
- 1 tsp sage
- ½ tsp ground coriander
- ½ tsp fennel seeds
- Large pinch salt & pepper

## Method:

- 1 Preheat the oven to 180°C.
- 2 Chop the sweet potato into roughly 4cm cubes, drizzle in olive oil then roast at 180°C for 20 minutes.
- 3 While the sweet potato is baking, finely chop the leek (as you would an onion) and gently fry in a drizzle of olive oil.
- 4 Once the leeks have softened add 3 minced cloves of garlic and fry for a further 1 minute.
- 5 Add the sage, cumin, coriander, fennel, salt and pepper to the pan.
- 6 Chop the Cavolo Nero then add to the pan and gently heat for a further 5 minutes.
- 7 If using ready rolled pastry, add to a large tart dish with a removable base and prod the base with a fork 3-4 times to prevent the dreaded soggy bottom.
- 8 Place a sheet of baking parchment with baking beads (or dry rice will do) on top of the tart then pop the tart in the oven for a blind bake for 15 minutes.
- 9 Take out of the oven, remove the baking beads and parchment and add the leek, sweet potato and Cavolo Nero into the tart case then bake for a further 5 minutes.
- 10 Take out of the oven and garnish with fresh pea shoots. I also topped the tart with harissa, however this is completely optional.



## Leeks & Mussels in Cider Sauce

Serves: 4

Preparation time: 5 minutes

Cooking time: 15 minutes

### Ingredients:

- Little olive oil, for frying
- 500g lamb leg steaks, chopped into chunks
- 1 x 400g tin of coconut milk
- 500g baby new potatoes, halved
- 150g leek, washed and finely sliced, tough outer leaves removed
- 50g mangetout, halved
- 1 red pepper, finely sliced
- 1 lime, to serve
- A handful of fresh coriander

### Method:

- 1 Wash the mussels and discard any that are broken and do not close when tapped.
- 2 Put a splash of olive oil in a frying pan and cook the leeks on a medium heat with the garlic and cook until tender, take out and reserve.
- 3 In the same pan turn the heat up high and heat up the pan until red hot.
- 4 Put the mussels in with the cider and put the lid on and cook until the shells have opened.
- 5 Take the mussels out using a colander making sure you catch the cooking liquor.
- 6 Add the leeks and cream to the cooking liquor and pour over the mussels.
- 7 To serve - sprinkle with roughly chopped parsley and serve with crusty bread.



## Salmon & Leek Ramen

Serves: 4

Preparation time: 5 minutes

Cooking time: 50 minutes plus 10 minutes

### Ingredients:

- 15g dried shiitake mushrooms
- 4 stalks of lemongrass, outer leaves removed, roughly chopped
- 2 garlic cloves, crushed
- 50g fresh ginger, peeled, sliced and crushed
- Soba noodles, boiled and drained
- 2 pak choi, roughly chopped
- 8 fresh shitake mushrooms, roughly chopped
- 2 tomatoes, halved

### Method:

- 1 Put the dried shiitake mushrooms in a saucepan with 1 litre water. Bring to the boil, then gently simmer for 5 minutes to release their flavour.
- 2 Add the lemongrass, garlic, ginger and tomatoes and stir to mix. Simmer gently for a further 15 minutes.
- 3 Remove from the heat and leave to infuse for 30 minutes. Season to taste.
- 4 Pass through a sieve to remove the aromatics and set aside, ready to reheat for serving.
- 5 Heat a large frying pan over a medium heat, then add the oil. Place the fillets in the pan skin side down and cook for about 3 minutes or until crisp.
- 6 Turn the fish over and cook for a further minute or so. Take off the heat and let it rest.
- 7 Meanwhile, heat the broth back up to the boil, add the fresh shitake mushroom and leek and cook until cooked through.
- 8 To serve: put a handful of soba noodles in a bowl, add the broth with the vegetables over the noodles and place a fillet of the fish on top of the noodles. Serve immediately.





## Lamb Kebabs with Leek Rice

Serves: 4

Marinating time: up to 3 hours

Preparation time: 15 minutes

Cooking time: 35 minutes

### Ingredients:

#### For the kebabs:

- 500g lamb (neck fillet), cut into cubes
- 1½ tbsp olive oil
- 1½ tbsp lemon juice
- 1 tsp garlic powder (or two fat cloves garlic crushed)
- 2 tsp paprika
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1 tsp ground black pepper
- 1 tsp sea salt
- 2 tsp tomato puree - optional to add richness (the sundried version is best)

#### For the rice:

- 1 onion
- 1 leek
- 15g butter
- 15g olive oil
- 2 cloves garlic
- 200g long grain or white basmati rice
- 480ml chicken or veggie stock (gluten free if needed)

### Method:

- 1 Chop the lamb into roughly 3cm pieces. Trim off larger pieces of fat but don't remove it all.
- 2 Put the lamb in a bowl and add all the other ingredients. Stir well.
- 3 Cover the bowl and leave to marinate in the fridge. Ideally, leave the lamb for at least 2-3 hours. If you need to, though, you can marinate for a minimum of half an hour.
- 4 Remove the lamb from the fridge 30 minutes before cooking and slide the meat onto 8 skewers. (If you are using bamboo skewers soak these in water first.)
- 5 Pre-heat the oven to 200°C / 180°C fan / Gas 5 / 375°F and start to prepare the rice.
- 6 Peel and dice the onion. Cut the clean, prepared leeks in half, then quarters lengthwise and dice.
- 7 Melt the butter and olive oil in a casserole or saucepan with a lid that fits well. Sauté the leek and onion gently, for about 5 minutes, until soft and fragrant
- 8 Add the garlic and the rice. Fry gently until the grains of rice become translucent.
- 9 Season with salt and pepper. Add the stock, put the lid on and turn the heat right down (use a diffuser if necessary to keep the heat low and even).
- 10 Cook the rice for 18 minutes. Then turn the heat off and leave to rest for 10 minutes whilst the kebabs finish cooking.
- 11 Arrange the skewers in a baking pan. If you can, set them on a trivet in the pan, so that any excess fat can drain off.
- 12 Roast in the oven for 20-25 minutes. If you like, you can finish the meat off on a hot, oiled griddle or frying pan to char the edges.
- 13 Fluff up the rice with a fork and garnish with freshly chopped parsley or coriander to serve.

### Chef's tips

Once cool, transfer leftover rice to airtight containers in the fridge and eat within 2 days.

Alternatively, it can be frozen. Ensure the rice is thoroughly reheated and is piping hot before eating.

# Venison Steak with Creamy Leeks

Serves: 2

Preparation time: 6 minutes

Cooking time: 45 minutes

## Ingredients:

### For the creamy leeks:

- 2 large leeks
- 15g butter
- 1 tbsp olive oil
- 3 tbsp double cream
- 1 x 80g bag of baby spinach

### For the carrot and celeriac chips:

- 1 tbsp olive oil
- ¼ celeriac
- 2 large carrots

### For the venison steaks:

- 15g butter
- 1 tbsp olive oil
- 2 x venison haunch steak

## Method:

- 1 Cut the leeks in half lengthwise, discard any tough outer leaves and then slice into ½cm slices.
- 2 Wash and then pat dry in a tea towel or give a quick spin in a salad spinner.
- 3 Put the butter and olive oil in a large heavy frying pan and sauté the leeks over a very low heat.
- 4 Stir from time to time until they are very soft and reduced to about 30% of the original volume.
- 5 As the leeks cook, wash, peel and chop the root vegetables into chips. Put in a roasting tray with the olive oil, pepper and salt, and toss to coat well. Spread out evenly.
- 6 Cook in the oven at fan 200°C for half an hour, turning half way through.
- 7 When the leeks are very soft and reduced, add the cream, the baby spinach and a splash of water.
- 8 Cover and turn the heat up for a minute, until the sauce is bubbling and the steam has wilted the spinach.
- 9 Season to taste the turn down and allow to simmer to reduce to a rich and creamy mass.
- 10 Turn over the root chips and start to cook the venison.
- 11 Heat the butter and oil over a high heat in a heavy frying pan until the butter is browning.
- 12 Add the steaks and allow them to sear in the hot pan. Do not move the steaks around in the pan whilst they are searing.
- 13 After 1 minute (for rare) or 2 minutes (for medium), flip the steaks over to cook the reverse side for the same amount of time.
- 14 Turn the heat right down and cook for a further 2-3 minutes. Remove from the pan and cover with a piece of foil.
- 15 Allow to rest for 3-4 minutes before slicing and serving on the bed of creamy leeks with a sprinkling of sea salt.

## Chef's tips

You can sauté down the leeks in advance and finish the dish while the venison is cooking.

This dish is equally delicious served with mash potato or celeriac.



## Roasted Pumpkin & Leek Risotto

Serves: 2

Preparation time: 15 minutes

Cooking time: 40 minutes

Suitable for vegans

### Ingredients:

- 1 small pumpkin, cut into 3cm cubes  
\*Save the pumpkin seeds to roast
- 1 tbsp olive oil
- 1 tsp dried thyme and dried sage
- 2 leeks, finely chopped (around 220g)
- 2 tbsp of butter (vegan or dairy)
- 3 large cloves garlic, minced
- 1 tsp chopped fresh thyme
- 120g arborio rice
- 250ml white wine
- 900ml vegetable stock (we use boiling water and stock cube)
- Generous pinch of salt and pepper to season
- ½ lemon, squeezed
- Handful of chopped walnuts (optional)

### Method:

- 1 Preheat the oven to 200°C.
- 2 Chop the pumpkin, toss in the oil and herbs then roast on a tray for 40 minutes, turning over after around 30 minutes.
- 3 Prep the ingredients for the risotto, then add the leeks to a large pot with the butter and sweat down for around 5 minutes.
- 4 Add the minced garlic, continue to fry for two minutes before adding the arborio rice, fresh chopped thyme and toss until coated.
- 5 Add the white wine and allow the rice to absorb, followed by adding a ladle full of the vegetable stock at a time until each bit has been absorbed by the rice. Season with salt and pepper.
- 6 For the final ten minutes of baking, add the pumpkin seeds to the tray of pumpkin and allow to roast.
- 7 Once the rice has fully absorbed the stock add the roasted squash to the pot, squeeze in ½ lemon, season again to taste and serve up. Top with the toasted pumpkin seeds and chopped walnuts.



## Caramelised Leek Tart Tatin

Serves: 4

Preparation time: 20 minutes

Cooking time: 1 hr 50 minutes

### Ingredients:

- Roughly 8 large leeks - chopped to 3cms lengths
- A few knobs of butter
- Olive oil
- A little golden sugar
- Fresh lemon thyme
- A tablespoon or two of balsamic vinegar
- 1 sheet of ready-made puff pastry

### Method:

- 1 Preheat the oven to 160°C (140°C fan)
- 2 Lay some knobs of butter in the bottom of an oblong pan slightly smaller than your puff pastry (30 x 20cm approx.)
- 3 Sprinkle with a pinch or two of sugar and plenty of fresh thyme and stand your leeks on top - they should all tuck together and stand up like little soldiers.
- 4 Drizzle with olive oil and bake in the oven for at least an hour, so that it gently caramelises the leeks - check after 30 mins to ensure they're not burning.
- 5 After an hour, take it out of the oven and drizzle a little balsamic over and around the leeks, then turn the oven up to 180°C (160°C fan) pop it back into the oven for another 15 minutes or until softened and lightly caramelised.
- 6 Take it out of the oven and set aside to cool, then once it's stopped steaming, lay the sheet of pastry over the top, brush with egg wash or milk and pop it back into the oven for another 20 minutes or until the pastry has risen and turned golden.
- 7 Remove from the oven and set aside for a few minutes to cool, then take a knife and ensure that the edges of the pastry are loose from the pan, then place a plate or chopping board over the pan and quickly flip the whole thing upside down and remove the pan.



# Leek & Lamb Cobbler

Serves: 4

Preparation & cooking time: 3 hours

## Ingredients:

- 450g stewing lamb such as shoulder, cubed (or use pork shoulder or braising beef)
- 2 tbsp plain flour, seasoned with salt and pepper
- 2 tbsp vegetable or sunflower oil
- 150ml brown ale
- 4 medium leeks, trimmed then cut into thumb lengths
- 1 stick celery, sliced
- 3 medium carrots, peeled and cut into big chunks
- 400g swede or turnip, peeled and cut into big chunks
- a few sprigs fresh thyme (or 1 tsp dried)
- 1 or 2 bay leaves, fresh or dried is fine
- 500ml lamb or beef stock
- For the cobbler topping
- 250g self-raising flour
- 80g cold butter, cut into cubes
- 125ml semi-skimmed milk
- 2 tsp wholegrain mustard
- 1 tbsp fresh thyme leaves (or 1 tsp dried)
- 1 egg, beaten

## Method:

- 1 Heat the oven to 160°C/fan 140°C/gas 3. Toss the lamb with the seasoned flour.
- 2 Heat 1 tbsp oil in a medium casserole, then fry the meat for 10 minutes, until dark golden brown all over.
- 3 Transfer to a bowl. Splash in the ale and bring to a boil, scraping up all of the tasty brown bits from the bottom. Tip this over the meat then wipe the pan with kitchen paper.
- 4 Heat 1 tbsp oil then gently fry the vegetables with the thyme and bay for 10-15 minutes until turning golden here and there.
- 5 Return the lamb and juices to the pan, top up with the stock, then season. Cover the casserole with a lid, leaving just a small gap to one side, then cook in the oven for 2 1/2 hours.
- 6 With 40 minutes to go, make the topping. Add ½ tsp salt to the flour in a large bowl.
- 7 Rub in the butter with your fingertips until the mix looks like fine crumbs.
- 8 Combine the milk, mustard, thyme and half of the egg, then tip into the bowl and bring to a soft dough.
- 9 Knead a few times on a floured surface till just smooth, then pat the dough to about 3cm/1in thick and stamp into rounds.
- 10 Squash together any trimmings and repeat. Don't overwork the dough as it will make it tough.
- 11 Uncover the meat, stir gently and taste the sauce for seasoning.
- 12 Place the cobbler pieces on top, brush them with the remaining egg, then return to the oven until the topping is golden and lamb tender.
- 13 Let the cobbler settle for 10 minutes before serving with your favourite seasonal greens.



# Leek & Wild Mushroom Pappardelle

Serves: 4

Preparation time: 10 minutes

Cooking time: 20

## Ingredients:

- 80g prosciutto or parma ham, sliced into ribbons
- 170g wild mushrooms, torn into small pieces
- 450g leeks, trimmed
- 1 clove garlic, crushed
- 10 chives, finely chopped
- 25g butter
- 30g parmesan
- 500g pappardelle (or gluten free alternative)
- Olive oil

## Method:

- 1 Slice the leeks into thin strips, as you would for a stir fry.
- 2 Heat a little oil in a large frying pan and add the sliced prosciutto. Fry until opaque and crispy and then remove from the pan and keep to one side.
- 3 Melt the butter with a little oil in the same pan and add the mushrooms. Fry for 3-4 minutes before adding the leeks, garlic and chives.
- 4 Season with salt and pepper and cook for 8-10 minutes, stirring every so often, and adding a little more oil if needed. The leeks should have softened but still be nicely bright green.
- 5 Bring a large pan of salted water to the boil and add the pasta. Cook until al dente and before you drain the pasta, add a ladleful of the cooking water to the leeks.
- 6 Drain the pasta, toss in olive oil and tip into the pan with the leeks.
- 7 Add the prosciutto and grated parmesan and toss everything together well over the heat for a minute or so.
- 8 Serve scattered with a little more parmesan and some chopped parsley or chives.



## Leek & Spelt Salad with Figs

Serves: 2

Preparation time: 10 minutes

Cooking time: 55 minutes

Suitable for vegans

### Ingredients:

#### For the salad:

- 180g spelt grain
- 1 tbsp rapeseed oil
- 12 tbsp thinly sliced leek 'hearts' - the centre light green section of the entire leek
- 2 figs
- 30g watercress, stems removed
- 1.5 tbsp crushed walnuts
- 2 tbsp crumbly cheese (feta, blue cheese, or vegan cheese)

#### For the pear salsa dressing:

- 1 tsp margarine or butter
- 2 pears, peeled and diced
- 200ml water
- 2.5 tbsp runny honey
- ¼ tsp turmeric
- ¼ tsp cayenne pepper

### Method:

- 1 Rinse the spelt grain under cold water. Add the rinsed spelt to a saucepan, and cover with enough cold water to cover it by at least 1.5 - 2 cm. Bring to a boil, then reduce to a simmer.
- 2 Simmer until tender, approx. 45 minutes.
- 3 Meanwhile prepare the leek 'hearts'.
- 4 Cut the leek hearts lengthways, and cut into matchstick size pieces.
- 5 Heat the oil in a frying pan over a medium heat. Add the leek hearts and sauté for 1-2 minutes until just tender. Remove immediately and set aside.
- 6 Wash the watercress, crush the walnuts into rough pieces and crumble the cheese.
- 7 Cut the figs in quarters lengthways, then cut into wedges.
- 8 To make the dressing, melt the margarine or butter in a shallow fry pan on a low heat.
- 9 Add the diced pears and cook until tender, but still firm and starting to golden.
- 10 Mix the honey and water, add to the pears in the fry pan and cook at a low simmer.
- 11 Add the turmeric and cayenne pepper.
- 12 Cook on the lowest heat until the pears are tender and the salsa sauce has reduced and thickened.
- 13 To assemble the salad - In a large bowl add the cooked spelt grain and stir through half of the pear salsa.
- 14 Add the watercress, half of the leek hearts and half of the walnuts. Stir through to combine.
- 15 Divide the salad amongst 2 serving bowls. Top each bowl with the remaining leek hearts, walnuts, and finally the wedges of fig.
- 16 Drizzle more of the salsa dressing over the top, and finally sprinkle the crumbly cheese over the top of the salad, and serve.



## Leek & Garlic Twist Bread

Makes: 8-10 slices

Suitable for vegans

### Ingredients:

#### For the dough:

- 3 cups plain flour (400 g)
- Fast action yeast
- $\frac{3}{4}$  cup oat milk (210 ml) at room temperature
- $\frac{1}{4}$  cup olive oil

#### For the filling:

- $\frac{1}{4}$  cup vegan butter (or margarine)
- 1 large leek
- 1 tsp garlic powder
- 1 tsp dried parsley
- Pinch salt

### Method:

- 1 Add the warm milk, sugar and yeast into a bowl and leave for around 5 minutes to froth.
- 2 Add the flour and salt to a large mixing bowl, then once the milk and yeast have reacted, pour those into the mixing bowl with the olive oil and bring together with a spoon or your hands.
- 3 Move to a floured work surface and knead by hand for 10 minutes. You can also add the dough to a machine and knead for the same amount of time.
- 4 Clean out the mixing bowl, add a few drops of olive oil, place the kneaded dough within the bowl, cover and leave in a warm place for around 1  $\frac{1}{2}$  hours.
- 5 Prepare the filling by finely chopping the leek then beating into the butter. Add the salt, pepper, parsley and garlic powder and mix until combined, then leave aside.
- 6 After the dough has risen, knock it back and place on a floured surface. Roll the dough out into a rectangle shape around 2-3cm thick.
- 7 Spread the leek filling onto the surface of the dough leaving just a thin border.
- 8 Roll the dough up lengthways, to make a long sausage shape, then using a sharp knife carefully slice down the middle (also lengthways) to it should leave you with two long strands.
- 9 Overlap the two strands, keeping the exposed filling facing towards you (this will help the butter ooze out and bake) then place in a large loaf tin, cover with a tea towel and leave to rise for a further 30 minutes
- 10 Preheat the oven to 190°C, place the risen dough in for 25 minutes, then cover with baking foil and bake for a further 20-25 minutes
- 11 Allow to cool and enjoy!





## Leek and Goats' Cheese Rarebit

Serves 4

Preparation time: 20 minutes

Cooking time: 10 minutes

### Ingredients:

- 1 ciabatta loaf
- 2 medium leeks, trimmed, washed and finely shredded
- 50g butter
- 25g plain flour
- 1 tsp mustard powder
- 150ml milk
- 110g creamy Welsh goats' cheese
- Light sprinkling sea salt and ground black pepper

### Method:

- 1 Cut ciabatta loaf into 2cm / 3/4 thick slices. Place in a hot oven for 5 - 8 minutes to crisp and lightly brown.
- 2 Rest on a cooling rack to keep crisp whilst preparing the rarebit.
- 3 Melt the butter in a medium size pan and gently sweat the leeks for 2 - 3 minutes to soften but not brown.
- 4 Stir in the flour and mustard powder. Gradually stir in the milk and bring to simmering point to make a thick sauce.
- 5 Stir in the goats' cheese until melted. Season.
- 6 Generously spoon rarebit onto the toasted ciabatta.
- 7 Brown under the grill until bubbling and serve immediately.

## Leeks Tossed in Butter with Chestnuts & Bacon

Serves 4

Preparation time: 10 minutes

Cooking time: 10 minutes

### Ingredients:

- 400g of leeks sliced
- 50g unsalted butter
- 100g smoked streaky bacon lardons
- 200g chestnuts roughly chopped
- Salt and cracked black pepper

### Method:

- 1 Heat a medium sized frying pan then add the butter and lardons.
- 2 Cook until the lardons start to release some fat, turn up the heat and cook the lardons until they start to colour, about 5 minutes.
- 3 Add the chestnuts and leeks. Cook for a further 5 minutes.
- 4 Season with salt and plenty of black pepper and then serve.



## Honey & Mustard Marinated Leeks

Serves: 2

Suitable for vegans

### Ingredients

- 1 large leek
- 3 cloves garlic minced
- 1 tbsp honey
- 1 tsp dijon mustard
- ½ tsp salt
- 1 tbsp brown miso paste (or substitute with tamari or soy sauce)
- 1 tsp olive oil

### Method:

- 1 Add the dressing ingredients to a bowl and whisk together until combined.
- 2 Chop the leek into approx 5cm thick circles and mince the garlic. Add to the dressing and allow to sit for around 10 minutes.
- 3 Add to a frying pan and sizzle on a medium heat for around 5 minutes on each side, or until the leeks have started to caramelize and turn golden brown.



# Glamorgan Sausage Rolls

Makes: 6

Preparation time: 30 minutes

Cooking time: 15 minutes

## Ingredients:

### For the sausage mix:

- 150g leeks (around 2 small leeks)
- 100g breadcrumbs
- 1 ½ tsp smoked paprika
- 1 ½ tsp sage
- 1 tsp mustard
- Large pinch black pepper
- 2 tbsp nutritional yeast
- 250g apple sauce (unsweetened if possible)

### For the pastry:

- 1 sheet puff pastry (270 g)
- ¼ cup stock (I used ½ stock cube with boiling water)
- 1 tbsp black sesame seeds

## Method:

- 1 Preheat the oven to 200°C
- 2 Finely chop the leeks then add the spices, breadcrumbs and nutritional yeast and mix together.
- 3 Then add the jar of apple sauce and combine until everything is fully coated.
- 4 Get in there with your hands and roll the mixture into 3 similarly sized sausages (it helps if they're approximately the same length as the shortest side of the pastry sheet).
- 5 Wrap the sausage mix in tin foil then pop in the fridge for 20 minutes.
- 6 Take out of the fridge, then gently fry in a tsp olive oil for 6-7 minutes until turning golden on each side.
- 7 Lay the sheet of pastry on a flat surface, pop one of the sausages along the shortest side, then roll the sheet over to make the first sausage roll.
- 8 There should be a little overlap in the pastry, so using a fork crimp the edge to help seal it.



- 9 Repeat this with the two other sausages then lightly wash in the vegetable stock mix.
- 10 Gently score the top of the pastry with a knife then finish with a sprinkle of black sesame seeds.
- 11 If you have any leftover pastry, get creative and cut out letters or shapes to pop on top of the sausage rolls.
- 12 Bake in the preheated oven for 15 minutes, or until golden.
- 13 Allow to cool (if you're patient enough) and enjoy!

# Health benefits

## Immune Boosting

 Leeks contain the compound allicin, which is anti-bacterial, anti-viral and anti-fungal.

 Leeks are rich in vitamin C.

 When broken down, allicin produces sulphenic acid which helps protect the body from damaging free radicals in our body.

## Gut Health

 Leeks are one of the best natural sources of inulin, a prebiotic fibre that can boost the beneficial bacteria in our gut

 The benefits of this include improved immune functioning, protection from heart disease, diabetes, colon cancer and inflammatory bowel diseases, better weight management, improved nutrient absorption, improved mood, and maintaining a healthy intestinal barrier.

 During digestion, inulin naturally ferments and feeds the healthy bacteria that populate our gut.

 They also produce an array of nutrients including short chain fatty acids that are vital for a healthy digestive system.

 Inulin absorbs water more easily than other carbohydrates and helps form stool that can be easily passed. This makes it ideal for naturally relieving constipation.

## Heart Health

 Leeks contain impressive concentrations of antioxidant polyphenols which protect blood vessels and blood cells from oxidative damage.

 One of these is kaempferol, a natural flavonol that may the risk of developing chronic diseases such as cancer.

 Kaempferol may also help to protecting blood vessel linings and lower inflammation.

 Leeks are rich in heart healthy vitamins including folate and B6 which help reduce homocysteine in the blood and lower the risk of heart disease, blood clots and strokes.

## Bone Health

 Leeks provide vitamin K, calcium, magnesium and manganese which are all important bone building nutrients.

 One cup of raw leeks (89g) provides around 50% of our daily requirements of vitamin K.

 Leeks are rich in vitamin C which is essential for the production of collagen - the main protein in bone and vital for healthy skin.

# Fun facts



Leeks have been cultivated since the time of the Ancient Egyptians and were probably part of the diet of those who built the pyramids.



Hippocrates - the ancient Greek physician and 'father of medicine' - prescribed the leek as a cure for nosebleeds.



The Saxon name for kitchen garden was "leek garth" (leek garden) in honour of leeks which they held in high regard.



Phoenician traders are said to have introduced the leek to Wales when they were trading for tin in the British Isles.



Legend has it that in 640AD, the Welsh wore leeks in their hats and subsequently gained a great victory over their opponents.



During the Middle Ages, the leek was seen to have extraordinary health qualities. It was used to purge the blood, keep colds at bay and heal wounds.



Around this time, leeks also acquired mystic virtues. It was claimed that girls who slept with a leek under their pillow on St David's Day would see their future husband in their dreams.



The leek is worn in the caps of today's Welsh soldiers every year on St David's Day.



In the prestigious Welsh Guards Regiment, a large raw leek has to be eaten by the youngest recruits to the cheers of comrades.

# Meet our growers

## Dungait Farms

### Northumberland

Richard Dungait runs Dungait Farms, a 3,000 acre site in Northumberland near the historic market town of Morpeth. The farm has been in the family for over 170 years and three generations work on the farm today. Richard's attention to quality ensure that 100% of his leek crop can be sold, some to UK supermarkets and the rest locally.

The family's favourite leek recipe is cheesy leeks with a roast dinner.



## Bomber County Produce

### Lincolnshire

The Casey family started farming at Willow Farm, near Coningsby, Lincolnshire with 100 acres in 1971. Today the family works approximately 1,800 acres. Leeks have been grown on the farm since 1991 starting with just six acres. Today leeks grow across 150 acres, with a purpose-built pack house producing 1.500 tonnes annually.

A favourite Casey family recipe is a simple one, fried leeks with butter and seasoning.

## Allpress Farms

### Cambridgeshire

Allpress Farms in Cambridgeshire is a multi-generational family business that encompasses some 3,000 acres and is run by brothers Nick and Patrick Allpress, with Patrick's son Angus a recent addition to the team. Leeks and onions are the main crops, with the farm producing around 8,500 tonnes of leeks each year, comprising pre-pack, loose, baby and organic leeks which supply some of the UK's leading retailers.

A favourite Allpress recipe is called 'Flamiche' a simple leek pie dish from northern France, filled with a mixture of chopped leeks, egg yolk, butter, cream cheese, double cream, grated nutmeg, chives and grated parmesan.





 **British Leeks**

[www.britishleeks.co.uk](http://www.britishleeks.co.uk)

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