

# What's Cookin' Leeks arrive on a motorcycle

Funny story as to how I got the wild leeks. We aren't lucky enough to be growing them

Lori Gysel & Gerry Kentner



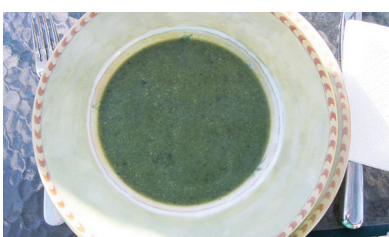
in our backyard! A couple of weeks ago we were sitting having dinner on our deck (yes, we were eating outdoors in the middle of April) and in the middle of dinner this large motorcycle pulls up at the bottom of the driveway. I was looking over trying to figure out who the heck it could be. Well, it's Scott, one of the chefs that I worked with at the Olympics! He had the day off and had gone hunting for wild leeks. So, he dropped by our place on his way back to the city and brought us a bag full!

I've never cooked with wild leeks before, but I learned they take a long time to clean! I also learned that they make the best bowl of leek soup I've ever had. You can also sauté them as a side dish and I'm sure there are many more ways to use them. They have a much bolder flavor, including a garlic flavor that you just don't get from the leeks we are used to.

In the recipe, I've suggested using one regular leek as well, just to try and stretch out the soup a bit. There is so much flavor, it doesn't harm the soup and this way you might have some left for lunch the next day!

You can add some 35% cream at the end of the recipe if you like— this adds a delightfully creamy texture to the soup and makes it much more decadent. However, I enjoy it without, so why add the fat where it's not needed?

Hope you have a chance to get your hands on some wild leeks. Have fun and keep cooking!



## Wild Leek Soup

Serves 6

### Ingredients

- 2 tbsp vegetable oil
- 3 cups chopped wild leeks, stems only, reserve greens
- 1 regular leek, chopped (white and light green only)
- 2 cups chopped Yukon gold potatoes
- 6 cups chicken stock (or vegetable stock)
- salt and pepper to taste

### Method

1. In a large pot, add oil. Add leeks and cook until softened.
2. Add potatoes and continue to cook for a few minutes.
3. Add chicken stock and cook until potatoes are soft (about 30 minutes).
4. Turn off heat. Add all wild leek greens to pot and stir. Leave to sit until greens have softened.
5. Using an immersion blender, puree the soup.
6. Salt and pepper to taste.

Email questions and comments to Lori and Gerry at [whatscookin@independentfreepress.com](mailto:whatscookin@independentfreepress.com)

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# ATHLETES of the week

| Acton High School |               | Christ the King |               | G.D.H.S        |                |
|-------------------|---------------|-----------------|---------------|----------------|----------------|
|                   |               |                 |               |                |                |
| Cassie Weston     | Kaylee Kearns | Crawford        | Nicole Waters | Conor McGucken | Mitch Racinsky |

**Georgetown District High School** Athletes of the Week are Conor McGucken and Mitch Racinsky. McGucken, a Grade 10 scrum half on the Rebel junior boys' rugby team, had strong outings in recent losses to Abbey Park and White Oaks. Racinsky, also a scrum half for GDHS's senior boys' rugby side, was good for a penalty kick and two converts in a hard-fought 29-17 loss to Abbey Park.

**Christ the King** Athletes of the Week are Nicole Waters and Crawford McAlpine. Grade 10 student Waters scored three times from her midfield position in the 3-1 Jaguars' 9-1 trouncing of White Oaks in junior girls' soccer and played a key role as CTK won the Notre Dame tournament. McAlpine is the sweeper for the Jags' junior boys' soccer squad and had a goal in their opening 2-1 win over Iroquois Ridge.

**Acton District Hill School** Athletes of the Week are Bearcat varsity girls' soccer team members Cassie Weston and Kaylee Kearns. Weston, a Grade 10 striker, scored in Acton's 5-0 victory over Aldershot while the versatile Kearns has been a standout all over the pitch, helping the Bearcats to a 3-1-1 record in the Division II standings.

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