

# LEEK AND POTATO SOUP WITH A CHEDDAR MUFFIN



**Preparation:** 30 minutes

**Serves:** 6

**Cost:** £1.15

**Difficulty:** Medium

## INGREDIENTS

### FOR THE SOUP

3 leeks  
6 new potatoes skin on  
2 tbsp of crème fraîche  
Salt, pepper  
100grs butter  
1.5 l of water

### FOR THE MUFFINS

1 egg  
200ml milk  
125grs self-raising flour  
1 pinch cayenne pepper  
250grs grated cheddar  
2 pinches of salt

## EQUIPMENT

1 blender  
1 pan  
1 muffin tray  
2 mixing bowls  
1 wooden spoon  
1 whisk



## METHOD

Start by making the muffins.  
Turn the oven on at 180 degrees.  
Whisk the egg and milk together.  
Mix all the dry together.  
Combine the milk and egg mixture into the dry ingredients.  
Pour the mix into a muffin tray. Butter and flour each moulds individually.  
Bake the muffins for 25 minutes at 180 degrees.



Then, start the soup.  
Melt the butter in a pan.  
Wash the leek and divide them in 2 by keeping the green part separated to the white part.  
Chopped finely the white part of the leek and put them in the pan.



Sweat the leek.  
Wash and slice the new potatoes. Add them in the pan and season with salt.  
Sweat the potatoes until soft.  
Add the crème fraiche and cook for a minute.  
Add 1.5l of water and bring to the boil for a couple of minutes.  
Add the green part of the leeks finely chopped.  
Bring to the boil again.  
By using a blender, blend the soup until a smooth and green texture.  
Keep it on the side for a few minutes.  
With your knife peel the first layer of skin of the broccoli stem. The skin is hard and tough.

## NOTES

2 great ingredients to make a fantastic soup for lunch or dinner.  
The key to get your soup green is to separate the green part from the white part of the leek.  
Don't use a muffin paper mould as it sticks.  
Make sure to season properly the soup at the beginning to get the maximum of flavour.  
If you fancy it, you can a drop of truffle oil at the end.  
Crumb by hand some cheddar on the side as a garnish and of course a pot of crème fraiche!