

LEEK

The leek is part of the allium family. It is the cousin of onion, shallot, garlic, and chives. In addition to the classic soup, this vegetable can replace its close relatives in several recipes and stands out for its milder taste.

Store it as soon as you buy it!

- Raw, whole, for up to two weeks in the fridge in the vegetable drawer.
- Cooked, in the fridge for 2 days.



Make reserves!
From August to
mid-October

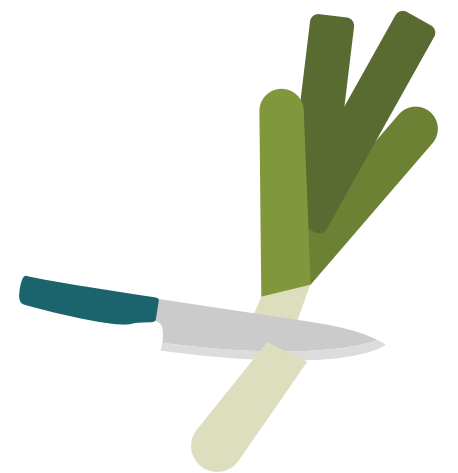
ENJOY IT ALL YEAR ROUND!



By freezing it!

Wash, dry, and thinly slice - no need to blanch! It can be stored for about 5 months.

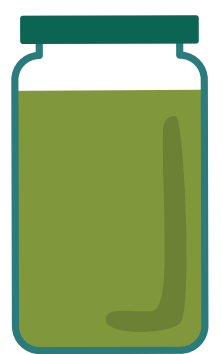
Recipe ideas: soup, chowder, or quiche.



By dehydrating it!

Wash, dry, and slice into rounds of 5 mm or less. Separate different thicknesses if necessary. In the oven, set to the lowest temperature and leave the door slightly open for about 12 hours. In a dehydrator, set to 125°F for 14 to 18 hours.

Recipe ideas: soup or chowder.



Don't throw away the green part of the leeks, it can be used in soup or quiche.



By canning it!

Cut the green part of the leeks to the height of your jars. Wash and blanch for 5 minutes. Let cool and put in jars then cover with brine (20 g of salt per liter of water) up to 2 cm from the rim. Pasteurize for 1 hour and 30 minutes.

Recipe ideas: omelette, tart, fried as a garnish.



The dehydration instructions are from the Hamilton Beach dehydrator manual. Please verify your own and rely on texture!