

Friday, 9 October 2015



Chunky Leek and Potato Soup Instant Pot

Instant Pot Leek and Potato Soup

Serves 6 (depending how hungry you are)



Ingredients

- Extra virgin olive oil (or butter, or oil of your choice)
 - 5 medium/large floury potatoes (I use King Edward spuds), washed, peeled and diced in chunks about 2 cm wide
 - 4 leeks, washed, trimmed and sliced, in slices approx 2 cm wide
 - Black pepper mill
 - 4 tablespoons soy sauce or tamari (and an extra dash for luck)
 - 1 teaspoon mixed herbs (I also sometimes use my own mixture of marjoram, rosemary and parsley)
 - 1 litre water, cold / from the tap / room temperature or hot if you want it to go faster (I tend to go for hot)
 - 1 teaspoon vegetable stock powder / 1 vegetable stock cube / homemade stock
- To serve (optional), it's nice without too:
- Grated cheese (cheddar goes nicely)
 - Milk



Instant Pot Method (Conventional, on the hob, below)

You have two options: prepare all ingredients first and divide them into bowls (which is what I tend to do or follow the order below):

1. Wash and slice the leeks (2 cm approx). Add about a tablespoon of olive oil, butter or oil of your choice to the inner pot of the Instant Pot: press the Sauté button. Add the leeks to the pot with lots of freshly ground black pepper and stir well, leave them (stirring every once in a while) for a few minutes. I place the lid I use for slow cooking while this goes on.

2. During this time, wash, peel and dice the potatoes and add them to the pot (remember to stir every once in a while while you peel, etc.), add freshly ground black pepper, the soy sauce (or tamari) and mixed herbs. Stir. Give it 5 minutes or so. Press the Keep Warm/Cancel button.

3. Add the water and the stock, stir. Position the Instant Pot's lid in place and lock, make sure the steam release handle is in the Seal position: press the Manual button, press the - (Minus) button to programme 4 minutes and let it do its thing. At this stage you could also choose to press slow cook if life suddenly changes on you and you end up having to go do something else.

4. If pressure cooking, when it finishes (it beeps) press the Keep Warm / Cancel button and give it time to do a natural release, i.e. don't do a thing until you see that the valve has popped back down (if it doesn't and you're in a hurry, do a quick release).

Serve in bowls, add a bit of milk and top with cheese (I sometimes don't add the milk or the cheese but it is a nice treat!).

Conventional method (i.e. on the stove)

1. Heat about a tablespoon of olive oil, butter or oil of your choice in a large pan, over a medium heat. While it heats up, wash and slice the leeks. Add them to the pot with lots of freshly ground black pepper and stir. Cover, turn the heat down and simmer.

2. Wash, peel and dice the potatoes and add them to the pot (remember to stir every once in a while you peel, etc.), add freshly ground black pepper, the soy sauce or tamari and mixed herbs. Stir and cover, give it 10 minutes or so.

3. Add the hot water and the stock, stir.

4. Let it simmer for about 15-20 minutes (it may need longer if using cold water), basically until the potatoes are nice and soft when you press them with a fork.

Serve in bowls, add a bit of milk and top with cheese (I sometimes don't add the milk or the cheese but it is a nice treat!).