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# Cooking with the Club



with Chef Robert Larios



## IRISH POTATO AND LEEK SOUP

The Irish have mastered the idea of combining potatoes and leeks to make a soup. And if you add butter, bacon, and heavy cream, what could taste better? It is sheer genius!

There are several possible variations by adding onions, thyme, bacon or other kinds of potatoes. So I say, it is really up to you how you want your soup to taste, and discovering what you will taste best to you will take a few tries in the kitchen.

Here's a tasty and simple version to get you started. If you use bacon, make sure it is crispy, and feel free to use the bacon fat rendered in the soup as well to add flavor.

I have a version of the Dublin Coddle – a traditional Dublin winter stew available, too. If you want it, please email me and I will send it to you: [rlarios@cityemployeesclub.com](mailto:rlarios@cityemployeesclub.com)

Happy St. Patrick's Day!

### Irish Potato and Leek Soup

Serves 2

#### INGREDIENTS:

- 1 leek
- 3 Gold Yukon potatoes or any other good boiling potato
- Sea salt and pepper, to taste
- 2 cups heavy cream
- 1 tablespoon julienned chives
- 2 cups chicken stock or vegetable stock
- 2 tablespoons flour as a thickening agent
- Unsalted butter

**Cooking TIDBIT** You can use cornstarch as well than flour as a thickening agent.

#### [ A Cook's Dictionary ]



#### Leek:

Native to the Mediterranean countries, the leek has been prized by gourmets for thousands of years. Avoid any with withered or yellow-spotted leaves. The smaller the leek, the more tender it will be. Refrigerate leeks in a plastic bag up to five days. Slit the leeks from top to bottom and wash thoroughly to remove all the dirt trapped between the leaf layers. Leeks can be cooked whole as a vegetable or chopped and used in salads, soups and a multitude of other dishes.

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#### Food Fact

The first fish and chips dish was served in Dublin in the 1880s by Italian immigrants, and even today Italians continue to operate many of the city's "chip shops."

#### DIRECTIONS:



- 1** In a large pot, add chicken stock to fill to the halfway point. Raise stove to high heat to begin boiling. Cube the potatoes and add them as well as salt and pepper. Let potatoes cook until fork-tender. Turn off heat.



- 2** In a sauce pan, on medium heat, place a tablespoon of butter. Let the butter melt, and add the diced leek with more (a sprinkle) sea salt and pepper. Let cook until leeks are brown, and add two tablespoons of flour. Stir. Turn off heat



- 3** Add the heavy cream, stir and then add to the large pot with potatoes. Stir and add more salt and pepper if desired.



- 4** Serve and enjoy!