

Recipes for February

Green Soup with Kale

An easy, tasty, quick soup!

bunch kale (250 - 300g)—you can mix this with chard or spinach if you like

2 onions chopped or sliced

3 Tbsp olive oil + 1 Tbsp butter (optional)

1 - 2 potatoes depending on size, peeled and cubed

3 cloves of garlic chopped

$\frac{1}{2}$ cup cream (optional—but it makes a difference)

lemon juice

chicken or vegetable stock

Strip central stem out of kale and tear kale into pieces; wash well. Chop the stems up into small pieces. Put kale leaves and stem pieces in soup pot and just cover with stock (you don't want it too watery and can add stock if you need it.) Bring to a boil, add chopped potato and cook until kale and potato is tender. Meanwhile sauté onion and garlic in oil + butter on low heat until carmelized, stirring occasionally to make sure it's not sticking (this takes 30 - 45 minutes). Then add to soup mixture, simmer another 10 minutes, let cool a bit and puree (add more stock if soup is too thick). Add a good squeeze of lemon, salt and pepper to taste. Then add cream and bring back up to heat.

Winter Veg Mash (great with sausages):

2 - 3 potatoes

2 parsnips

About 175g brussel sprouts

1 Tbsp whole grain

Top and tail brussels then slice in half and cut into strips. Peel and chop potatoes and parsnips into roughly same size cubes and boil in salted water for about 10 minutes until tender enough to mash. About 2 - 3 minutes before parsnips and potatoes are finished, add brussel sprout strips into water. Drain everything and mash around 4 Tbsp butter, 1 Tbls whole grain mustard, and lots of salt and pepper to taste.

Creamy Leek Quiche

This is a particularly rich quiche but so yummy!

4 - 5 cups of leeks sliced thinly

3 Tbls butter

$\frac{1}{2}$ cup white wine

$\frac{1}{2}$ tsp salt

2 eggs

1 cup cream or crème fraiche

2 - 3 Tbls coarse mustard (to taste)

3 ounces of cheddar or 4 ounces of goat cheese (mix half of goat cheese into mixture and sprinkle half on top of quiche if you go this route)

finely chopped chives or spring onions (optional)

Saute leeks in butter until beginning to soften. Add wine, cover pan and let cook on medium low heat about 10 - 20 minutes until leeks are very soft. Mix eggs, salt, cream/crème fraiche, mustard, and cheese. Add leeks when cooled and pour mixture into blind baked pie crust. Sprinkle with chives or spring onions. Bake at 180c for 40 - 45 minutes or until set and just golden on top.

I like to make my own pastry but you can easily buy short crust pastry and it's just as good. If you want to make your own, this recipe is pretty fool proof:

1 cup plain flour

$\frac{1}{2}$ tsp salt

$\frac{1}{3}$ cup shortening

1 Tbls butter

2 Tbls cold water

Mix flour and salt; cut in shortening and butter with a pastry cutter until texture is grainy; mix in water with fork and then use your hands to shape dough into a ball. Wrap in baking paper and chill for at least an hour. Blind bake for 8 - 10 minutes in 9" pie pan at 200c until just beginning to brown. Once the

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