

Leek and Potato Soup with Griddle Soda Farls

Makes a 4 litre pot, about 10 portions, adjust accordingly.

Ingredients

For the soup:

2 large onions
3 large leeks, with plenty of green 'top'
1 small carrot
8 medium potatoes, ideally Kerr's Pink, or Maris Piper

¼ tsp each, of paprika, nutmeg & turmeric
5 Kallo organic vegetable stock cubes
freshly cracked black pepper
1 table spoon rapeseed oil for frying
water

For the bread:

250g Soda Bread flour,
A pinch of salt
1/2 tablespoon rapeseed oil
approx. 75ml water

Method:

The Soup:

Finely chop the onions and leek, fry gently in a little oil until beginning to brown. Add the water, heat to boiling. Peel and chop the potatoes into ½ cm slices, finely shave off pieces of the carrot with a vegetable peeler or grater, add to the pan along with the spices and stock cubes.

Simmer for 15 – 20 minutes, until the vegetables are tender.

Depending on the variety you have used, the potatoes will break down a bit, thickening the broth. If you wish, blend the soup to give the consistency you desire.

The Bread:

Put the flour in a bowl with a pinch of salt and a drizzle of oil. Gradually add water, stirring until you have a stiff dough. Shape into small, scone size balls,

Flatten to about 2cm thick, cook slowly in a heavy pan or griddle, turning occasionally, until risen and brown on both sides.



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