

LEEK

Types

Overwintering: Usually have a stronger flavor — they and are harvested the season after they are planted.

Summer: Usually smaller than overwintering types.

Selection Info

Look for firm, smooth leeks that are white at the base and dark green toward the top. The stalks should be firm and crisp. If roots have been cut off, the base should be flat, not rounded. Avoid leeks with blemishes.

Preparation

To prepare leeks, first cut off the dark green end — cut down all the way to the pale green area. Cut off the end root and then slice the leek in half lengthwise. Then, rinse the cut leek in a cool stream of water to remove all the dirt.

Poached: Place 3 tablespoons of chicken broth in a skillet and heat for about two minutes. Place 1 pound of chopped leeks in a skillet and simmer

for about 4 minutes, then add 2 more tablespoons of chicken broth. Cook for 3 minutes while stirring. Drain and toss with 3 tablespoons of olive oil and 1 teaspoon of lemon juice. Season to taste with salt and pepper.

Fry: In a skillet, heat 1 tablespoon of butter, then add 3 tablespoons of minced ginger and 1/2 teaspoon minced garlic clove. Simmer. Then add the leeks to the pan stirring frequently until they are golden in color and crispy. Serve alone or as a garnish or in a soup.

Boil: Bring 2 cups of water and 1 teaspoon of salt to a boil in a medium saucepan. Add leeks and simmer for 20-30 minutes. Cook until tender enough to pierce with a fork, then remove from heat and drain. Melt 2 tablespoons of butter over warm leeks and season to taste with salt and pepper or preferred seasoning.

Storage

Short-Term Storage Sources: Wrap leeks in a paper towel and store them in a refrigerator for up to five days.

Long-Term Storage Sources: Learn more about freezing and canning leeks on the FOODLINK website.

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ROASTED HERBED ARTICHOKES WITH LEEKS

Ingredients

- 6 medium to large artichokes
- 1/3 cup lemon juice or white wine vinegar (divided)
- 1/4 teaspoon salt
- 3 tablespoons olive oil (divided)
- 2 medium leeks (trimmed, cleaned, and sliced)
- 1/2 cup fresh basil (chopped)
- 1/2 cup fresh mint (chopped)
- 1/2 cup fresh Italian parsley (chopped)
- 1/4 teaspoon salt
- 1/2 teaspoon black pepper

Directions

1. Rinse artichokes. Trim off and discard the ends of the stems and the top third of petals. Cut stems off at base, and set aside.
2. Stand artichokes in large pot stem side down. Add water to fill pot almost halfway.
3. Add reserved stems, 3 tablespoons of the vinegar and 1/4 teaspoon salt to the pot.
4. Bring water to a boil, then cover. Simmer until a petal pulls out easily (about 30-35 minutes).
5. Drain water (being sure to keep cooked stems) and allow to cool slightly.
6. Chop cooked stems, and set aside.
7. Heat oven to 425°F.
8. Heat 2 tablespoons of the olive oil in a large skillet over medium-high heat. Add leeks and cook until tender (about 7 minutes).
9. Remove from heat. Stir in chopped artichoke stems, herbs, salt, and pepper.
10. Use a spoon to remove and discard fuzzy center of artichokes.
11. Sprinkle remaining vinegar into center of artichokes. Divide leek-herb mixture among artichoke cups.

12. Stand in 9x9-inch pan or baking dish. Brush with 1 tablespoon olive oil. Bake 10 minutes.
13. To eat, pull off outer petals and dip bases into herb mixture in center of artichokes, then cut the heart into bite-sized pieces.



Learn more about **LEEK** by scanning the QR code above or by visiting <https://extension.purdue.edu/foodlink/food.php?food=leek>.

 **Share your recipes!**

Nutrition Information

Serving Size	1/6 of recipes
Nutrients	
Amount	
Total Calories	174
Protein	8g
Carbohydrates	27g
Dietary Fiber	11g
Total Fat	7g
Saturated Fat	1g
Cholesterol	0mg
Sodium	459mg

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