



Local leek

Availability:
august to march

Benefits

→ The leek is a national symbol of Wales, but its true origin is actually uncertain!

Leek has a milder, sweeter taste than the onion. The white part of leeks is the most popular, but the green leaves are also edible. Give leeks a good cleaning to get rid of sand and dirt trapped between the leaves.

→ Because nothing goes to waste!

Keep the dark green tops that you trimmed before cooking your leeks and use them to add flavour to stocks or soups. They can also be finely chopped and added to a quiche or savoury tart.



WHY EAT LOCAL ?

- To gain an awareness and appreciation of the different foods growing around us.
- To purchase produce that's picked when ripe, guaranteeing exceptional freshness.
- To encourage Quebec farmers and support our local economy.
- To preserve our territory and agricultural expertise.
- To minimize the distances travelled by our food, thereby reducing the harmful environmental impacts.
- To reduce purchases of packaged and over-packaged food.

Leek-based salad duo



PORTIONS: 3 TO 4 PER SALAD 10 MIN PER SALAD ⌚

Salad 1: Ingredients

- Juice of 1 to 2 lemons
- 500 ml (2 cups) leek, sliced
- 250 ml (1 cup) frozen peas
- 250 ml (1 cup) frozen Matane shrimp
- 2 oranges, supremed
- 15 ml (2 tbsp) olive oil
- Pepper to taste

Salade 2: Ingredients

- Juice of 2 lemons
- 750 ml (3 cups) leek, sliced
- 2 to 3 celery stems, sliced
- 2 apples, peeled and diced
- 15 to 30 ml (1 to 2 tbsp) olive oil
- Pepper to taste

Directions

- 1 In a bowl, combine the lemon juice and leeks. Let stand 10 to 15 min.
- 2 Add the remaining ingredients and let stand 5 to 10 min before serving (until the shrimp and peas are thawed).

Source : Julie Strecko, RD

Cod with leeks and potatoes



PORTIONS: 4 TO 6 15 MIN ⌚ 30 MIN 📅

Ingredients

- 5 potatoes, diced
- 6 slices prosciutto
- 1.25 L (5 cups) leeks, chopped
- 30 ml (2 tbsp) non-hydrogenated margarine
- 30 ml (2 tbsp) flour
- 500 ml (2 cups) milk
- 600 g cod filet from sustainable fisheries, cut into pieces (about 4 cm³)
- Pepper to taste

Directions

- 1 In a saucepan, boil water and cook the potatoes 10 to 15 min, or until cooked but still slightly crisp. Drain and set aside.
- 2 In the microwave, cook the prosciutto slices on a plate between 2 paper towels for 1 min 30 sec, or until the prosciutto is slightly crispy. Set aside.
- 3 In a deep skillet or pot, sauté the leeks in the margarine for 5 to 10 min.
- 4 Add the flour and mix. Gradually stir in the milk. Cook another 3 to 5 min, stirring constantly, until the sauce thickens.
- 5 Add the cod and the potatoes. Continue cooking until the cod starts to fall apart when poked with a fork.
- 6 Serve in bowls topped with the crispy prosciutto.

Note

Serve with pan-toasted bread slices.

Source : Julie Strecko, RD

Tip!

- Choose leeks that are straight and firm, with a nice green colour and no brown spots. You can store them for 2 weeks in the fridge, or 5 months in the freezer once cut into sections.

