

01 Storage

Store in vegetable draw of fridge.

02 Preparation

Leeks need to be washed carefully to remove any dirt trapped in their layers. Trim off the very end bits and the coarse, dark green part of the tops. Cut the leeks in half length ways. Wash under a running tap, fanning the layers and rinsing away any dirt trapped between them. Drain thoroughly.



04 Nutrition

Leeks are a good source of vitamins A, C and K (important for helping your blood to clot). They also contain minerals such as iron (which is important for red blood cells) and manganese (involved in the regulation of brain and nerve function). Leeks are also a good source of dietary fibre.

03 Use

Once you've washed and drained the leeks we suggest slicing them into thin layers and pan-frying/sauteing them in olive oil. Then add them to a quiche, frittata, soup or pasta dish.

Leeks

Leeks belong to the onion family and look a bit like a huge spring onion, with a mild onion flavour. They can be used as a mild alternative to onions in many dishes and come with the benefit of not causing tears.



**Mansfield Fresh
Food Drive**

Bacon and Leek Quiche



INGREDIENTS

- 2 cups plain flour
- 150g butter, chilled, chopped
- 1 egg yolk
- salad leaves, to serve

FILLING

- 20g butter
- 1 large leek, trimmed, halved, washed, thinly sliced
- 175g rindless shortcut bacon, chopped
- 2 tablespoons chopped fresh flat-leaf parsley leaves
- 1/2 cup grated tasty cheese
- 4 eggs
- 1/2 cup milk

METHOD

Step 1

Combine flour and butter in a food processor. Process until mixture resembles fine breadcrumbs. Add 2 tablespoons chilled water and egg yolk. Process until dough just comes together. Turn pastry onto a lightly floured surface. Knead until just smooth. Shape into a disc. Wrap in plastic wrap. Refrigerate for 30 minutes.

Step 2

Meanwhile, make filling. Melt butter in a frying pan over medium-low heat. Add leek and bacon. Cook, stirring occasionally, for 10 to 12 minutes or until leek is soft. Remove from heat. Stir in parsley. Cool. Preheat oven to 180°C/160°C fan-forced. Grease a 3cm deep, 20cm round (base) glass or ceramic pie dish.

Step 3

Roll out pastry between 2 sheets of baking paper to form a 30cm circle. Line base and side of prepared dish with pastry, trimming excess. Place dish on a baking tray. Line pastry case with baking paper. Fill with uncooked rice or ceramic pie weights. Bake for 10 minutes. Remove baking paper and rice or weights. Bake for 10 minutes or until pastry is golden brown. Cool for 5 minutes.

Step 4

Spoon leek mixture into pastry case. Top with cheese. Whisk eggs and milk together in a jug. Season with salt and pepper. Pour over leek mixture. Bake for 30 minutes or until top is golden brown. Serve with salad leaves.

Recipe from taste.com.au