

## Purple Potato and Sage Soup

*Source: Modified from, Purple Potato Sage and Leek Soup by Zachary Welch*

*From the garden purple potatoes, garlic, sage*

| <u>Equipment</u>  | <u>Ingredients</u>   |
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| 2 large bowls<br>2 small bowls<br>2 large plates<br>Colander<br>chopping boards<br>knives – 1 small, 2 large<br>tablespoon, teaspoons and measuring cups<br>Large stirring spoons<br>Large soup pot<br>Food Processor<br>Soup ladle | <ul style="list-style-type: none"> <li>• 2 tbsp vegetable oil</li> <li>• 1 kg Purple Potatoes</li> <li>• 2 cups Large Leeks (sliced thinly)</li> <li>• 2 cloves Garlic (minced)</li> <li>• 2 litres vegetable stock (<i>made from 4 tsp GF stock powder and 2 litres water</i>)</li> <li>• 1/4 cup Sage (chopped)</li> <li>• 1 tbsp sea salt</li> <li>• 1 tsp ground pepper</li> </ul> |

### What to do

- Wash purple potatoes in cold water rinse
- Add potatoes to cold water with 1tbsp salt. Bring to boil and boil for 30 – 40 minutes until they are soft. Test that a fork can spear them.
- Chop garlic finely
- Wash leeks, remove outer leaves and slice into fine rings.
- Wash sage, remove leaves from stems and cut leaves finely. Measure ¼ cup of sage.
- Add 2 tbsp vegetable oil to soup pot, add leeks and garlic. Cook on medium heat until leeks are soft.
- Make 2 litres of stock from 4 tsp GF stock powder and 2 litres water
- Add 1 cup of stock to the pot. Stir until all the liquid is absorbed
- Spoon leeks into a bowl and leave to cool.
- When the potatoes are ready, take them to the sink.
- **Teacher...**Carefully pour them into the colander. Take care of the steam.
- Then rinse the potatoes with cold water to stop them cooking.
- Place potatoes into the food processor and process until they are a creamy consistency.
- Add 1 cup of stock to the potatoes and mix in and loosen the potato mixture.
- Add the potato mixture to the soup pot.
- Add the cooled leeks to the food processor and blitz until minced.
- Add 1 cup of stock to the leeks and mix in,
- Add the leek mixture to soup pot and stir the whole mixture together.
- Add the remaining 1 ½ litres stock and mix.
- Add 1 tsp salt and 1 tsp ground pepper
- Bring to simmer.
- Reduce heat to medium and simmer for 40 minutes, stirring often.
- Serve. Enjoy!