FOOD & COOKING
WITH CHEF ROSS

Potato & Leek Soup



Preparation: About 15 minutes | Cooking: About 30 minutes | Serves: 2–3 people

What you need

Ingredients



- 1 tablespoon extra virgin olive oil
- 2 leeks, washed and sliced
- 3 garlic cloves, chopped
- 4 potatoes, skins on, cut into small pieces
- 750 ml water, plus more as needed
- Salt & pepper to taste

Equipment



- Large saucepan with lid
- Knife and chopping board
- Wooden spoon
- Measuring jug
- Stick blender

Let’s make it



1. Prepare the vegetables

Wash the leeks carefully, including between their layers.

Cut into slices.

Chop the garlic.

Wash and cut the potatoes into similar-sized small pieces, keeping their skins on.

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2. Cook the leeks and garlic

Heat olive oil over medium heat.
Add leeks and cook for 4–5 minutes until soft.
Add garlic and cook for 1 minute.



3. Add potatoes and water

Add potatoes, 750 ml water, salt and pepper.
Add more water if needed to cover the vegetables.



4. Cook the soup

Bring to the boil, then turn the heat down.
Put the lid on and cook gently for about 20 minutes, until potatoes are soft.



5. Blend a little

Turn off the heat.
Cool as required by the blender instructions.
Blend briefly, leaving some small vegetable pieces.
Add a little water if too thick.
Taste and adjust salt & pepper.

Serving and storage

- Serve with optional parsley or plain yoghurt (contains milk).
- Keep the soup thick but not heavy.
- Leave it slightly chunky.
- Refrigerate within 2 hours in shallow containers.
- Store covered at 5°C or colder and use within 3 days.
- Freeze for up to 3 months for best quality.
- Reheat until steaming hot.
- Base recipe is vegan.
- Check any added toppings for allergens.

Recipe ©2026 Deaf Chef Ross. Check labels for allergens. Follow appliance and storage instructions. Times and servings are estimates. Images are illustrative. Sources: NSW Food Authority; Victorian Government. Generated by ChatGPT for Deaf Chef Ross (C)2026.