

From Lisa's Kitchen: Braised Leeks

Every time I make this, someone says "I didn't know leeks were a vegetable!" Leeks are a member of the onion family, but have a milder flavor rather than a sharp taste. This dish pairs well with fish and poultry.

Braised Leeks

Serves 4

4 medium leeks
4 cups low-sodium chicken stock
1 tablespoon extra-virgin olive oil
¼ teaspoon each salt & freshly ground pepper
2 tablespoons chopped parsley leaves

Remove outermost leaves and cut dark-green ends from leeks. Trim roots, keeping the leek intact. Halve lengthwise and rinse very well to remove the grit.

Heat the olive oil in a large saute pan over medium heat. Place leeks cut-side down and cook until browned, about 3 minutes. Brown them on the flip side for another 3 minutes

Add chicken stock to the pan, raise heat to high and bring to a boil. Reduce heat, cover and simmer on medium-low heat. Cook leeks until they're just tender, about 10 minutes. Season with salt & pepper.

Remove leeks to serving plate, drizzle with cooking liquid and sprinkle with chopped parsley.