# leeks image

# Leeks

This is a winter vegetable and usually in season from September until March. They are part of the Allium family. Potent when raw but turn sweet when cooked.

## How to store Leeks

Chop off the tops if they are too long and pop them in the bottom drawer in the fridge for up to a week or a little longer.

## Macro Breakdown per 100g

* Kcal 27
* Fat 0.5g
* Carbs 2.9g
* Protein 1.6g
* Fibre 2.2g

## Nutrient Breakdown per 100g

(RDA – recommended daily allowance)

### Vitamins

* Retinol, Carotene 177µg
* Folic Acid (B9) 56µg (16% RDA)
* Vitamin A 29µg (55% RDA)
* Vitamin C 17mg (20% RDA)
* Tryptophan 12mg
* Vitamin K 10.1µg (39% RDA)
* Biotin (B7) 1.4µg
* Vitamin D and E 0.92mg (6% RDA)
* Niacin total (B3) 0.6mg (2.5% RDA)
* Vitamin B6 0.48mg
* Niacin 0.4mg
* Thiamin (B1) 0.29mg (5% RDA)
* Pantothenic Acid (B5) 0.12mg (3% RDA)
* Riboflavin (B2) 0.05mg (2% RDA)

### Minerals

* Potassium 260mg (4% RDA)
* Chloride 59mg
* Iodine 50µg
* Phosphorus 44mg (5% RDA)
* Calcium 24mg (6% RDA)
* Magnesium 3mg (7% RDA)
* Sodium 2mg (1% RDA)
* Iron 1.1mg (26% RDA)
* Selenium 1µg (2% RDA)
* Manganese 0.2mg (2% RDA)
* Zinc 0.2mg (11% RDA)
* Copper 0.02mg (13% RDA)

## How to prepare Leeks

Chop off the top darker leaves at the top that are thick that are splaying out and chop off the bottom root at the end. Remove 1 or 2 of the layers. To wash you can either chop first and then wash in a bowl or run a knife down lengthways stopping with an inch to spare at the root end and run under the tap using your fingers to splay out the leaves.

## How to cook Leeks

### Raw

Only the small slender and young leeks tend to taste good raw in salads. Chop the white and pale green sections into half-moons and add to any salad.

### Griddled/BBQ

Cut any large leeks in half, or use whole if small. Cover the leeks in a little oil and salt and place on a hot griddle or bbq. Cook for 4 minutes each side until golden.

### Fried

Fry chopped leeks in a little butter or oil slowly on medium heat for a good 15 minutes stirring every few minutes to make sure they don’t stick.

### Steam/Boiled

Chopped leeks can be steamed or boiled. Steam for 5 – 10 minutes or until tender or boil in salty water for the same time.

## Ingredients that work well with Leeks

* Bacon
* Pancetta
* Chicken
* Salmon
* White fish
* Sea food
* Blue cheese
* Cheddar
* Feta
* Goats cheese
* Sour cream
* Chives
* Mint
* Parlset
* Sage
* Thyme
* Lemon
* Garlic