

## Leek Soup

The secret to the soup is allowing the leeks to sweat slowly in the hot, garlicky oil and butter until they are soft and flavourful.

- 2 large dry shallots, diced
- 4 cloves garlic, diced
- a knob of butter
- 1 T olive oil
- 6 medium sized [leeks](#), dark green parts removed, sliced
- 3 sticks celery, peeled and thinly sliced
- 3 large carrots, thinly sliced
- 1-2 t dried oregano
- 4 bay leaves
- 6 c vegetable stock
- 2 handfuls baby spinach, roughly chopped

Heat a large pot, then add the oil and butter. When the butter foams, add the garlic and shallot. Cook until they begin to colour.

Stir in leeks, celery and carrots. Add oregano and bay leaves, then cook for 10 minutes, on medium heat, slightly covered, stirring occasionally. Add half the stock and bring to a boil. Simmer for 10 minutes. Add the rest of the stock and simmer for 5 more minutes. Add the spinach and cook a minute until the spinach wilts. Sprinkle with parmesan and serve with crusty bread. Serves 6.