



LEEK & POTATO SOUP



INGREDIENTS

- 2 onions – peeled and sliced thinly
- 1 stick **celery** – finely chopped
- 3 leeks – wash and finely sliced
- 1 can new potatoes – drained and quartered
- $\frac{3}{4}$ teaspoon mixed herbs
- 1 teaspoon dried parsley
- 1 low salt vegetable stock cube
- 600ml (1 pint) water
- 300ml **milk**
- black pepper

EQUIPMENT

- chopping board, sharp knife,
- large saucepan, measuring jug
- tablespoon, teaspoon
- ladle, serving bowls

SERVES: 4

PREP TIME: 15 minutes

ALLERGENS: milk

COOK TIME: 20 minutes

METHOD

- 1** Prepare the vegetables and place in the saucepan with the herbs and water.
- 2** Place the saucepan over the fire and bring to the boil. Then cook the soup for 20 minutes until the leeks and celery are soft.
- 3** Remove from the heat and leave to cool slightly, then add the milk.
- 4** Season the soup with black pepper and serve.



CAWL CENNIN A THATWS



CYNHWYSION

2 winwysyn – wedi'i plicio a sleisio'n denau

1 ffon o **seleri** – wedi'i thorri'n fân

3 cenhinen – wedi'u golchi a'u sleisio'n denau

1 tun o datws newydd – wedi'i ddraenio a'i
chwarteri

$\frac{3}{4}$ llwy de perlysiâu cymysg sych

1 llwy de persli sych

1 ciwb stoc llysiâu halen isel

600ml (1 peint) o ddwr

300ml **llaeth**

pupur du

OFFER

bwrdd torri, cylllell finiog,

sosban fawr, jwg fesur,

llwy fwrdd, llwy de,

lletwad, powlenni gweini

DIGON I: 4

AMSER PARATOI: 15 munud

ALLERGEDD: llaeth

AMSER COGINIO: 20 munud

DULL

- 1 Paratowch y llysiâu a'u rhoi yn y sosban gyda'r perlysiâu a'r dwr.
- 2 Rhwch y sosban ar y tân a'i dod i'r berw. Coginiwch am 20 munud nes bod y cennin a'r seleri yn feddal.
- 3 Tynnwch oddi ar y gwres i oeri ychydig. Ychwanegwch y llaeth.
- 4 Ychwanegwch bupur du i roi blas a gweinwch.