Fresh Vegetable

LEEK



Ref: LEK-01

Italian name: Porro

Weight order: 3-4 kg

Description: Like garlic and onion, leeks are a member of the allium family, but have their own distinct flavour - quite harsh when raw (only very young leeks are eaten this way) but, when cooked, very delicate, like a mild onion but with a hint of sweetness. Two thirds of their length is white and firm, and this is the part that is mainly eaten. The rest of the third is made up of the leaves (flags), most of which is discarded.

Season: all year round, best from September to March

Serving suggestion: Leeks are very versatile and work well cooked in various recipes or as a side dish. Two of the world's most famous soups, Scotland's cock-a-leekie and France's crème vichyssoise, are based around them.

ELLERMANN TRADING LIMITED
http://www.ellermann.hk info@ellermann.hk Tel +852 3187 7488 Fax +852 3421 2262
603 Shun Kwong Commercial Building, 8 Des Voeux Road West, Sheung Wan, Hong Kong