

Leek & Sprout Top Bake

Our lovely Brussels sprout tops are like a yummy fluffy green cabbage, with just a hint of sproutiness to get you ready for the festive spirit – we've just realised it's only 5 weeks until Christmas! (Keep your eyes peeled for the Christmas box delivery info in the next newsletter.) The sprout tops can be used just like a cabbage, kale or other greens; try them in this tasty and hearty bake to keep the Arctic weather at bay.

Serves 3-4

- 1 large sprout top
- 2 large leeks, trimmed & washed
- 1 kg potatoes, peeled
- 2 tbsp olive oil
- 50g plain white flour
- 650ml warm milk
- 2 tsp English mustard
- 30g butter
- salt & black pepper



SXC

Thinly slice the leeks and shred or slice the sprout top and steam for a few minutes until just tender; drain well. Thickly slice the potatoes and boil up to 10 minutes, until just cooked, then drain. Meanwhile make up a roux: heat the oil in a pan and stir in the flour. Add the warm milk a little at a time, stirring well, then bring to the boil and simmer. Add the mustard and season to taste. Spread a little sauce on the bottom of a large ovenproof dish, and spoon the leeks and sprout tops on top. Pour the rest of sauce over them, then place the potato slices on top, overlapping the edges. Brush the potatoes with melted butter and bake at 210C for 25 minutes, or until golden brown and bubbling hot. Serve with fresh green salad leaves, or a quick coleslaw made with grated onion, carrot and red cabbage.



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