



Recipes created for the Afternoon Show on BBC Radio Oxford 95.2FM

Poireaux a la Niciose

Ingredients

1 kg baby leeks
2 large, ripe tomatoes
2 cloves garlic
small bunch fresh parsley
4 tablespoons extra virgin olive oil or cold pressed rapeseed oil
Juice of 1 lemon
Salt and freshly ground black pepper
Small handful of black olives (optional).



Method

Wash the leeks well and dry thoroughly.
Peel and crush the garlic. Peel, de-seed and roughly chop the tomatoes. Finely chop the parsley.
Heat the oil in a frying pan. Add the leeks, laying them side by side in one layer, if possible.
Cook them for 1 minute over a moderate to high heat, then turn them over and cook for another minute on the other side. Then lower the heat, cover the pan and cook gently for a further 5-7 minutes, depending on the size of the leeks.
Add the chopped tomatoes, the crushed garlic and half of the parsley. Cook for about 5 minutes.
Squeeze over the juice of a lemon.
When the leeks are tender, take them out and arrange in a long serving dish.
Reduce the sauce, if necessary, pour it over the leeks and sprinkle with the rest of the parsley.
Add the black olives as a decoration.
Can be served hot as an accompaniment, served or cold as part of a dish of mixed hors d'oeuvre.

Other information

Serves 4
Preparation time - 20 minutes
Cooking time – 15 minutes