

Braised Leeks with Parmesan

serves 6-8

Leeks are a comforting cold weather food, satisfying and delicious. They have a delicate, yet full bodied flavor without the harshness of the other members of the allium family. Commonly used in a variety of soups, here they are featured front and center, allowed to shine on their own merits.

1 bunch leeks
2 T. olive oil
1/4 tsp. salt

**1/2 cup vegetable stock (or water
if necessary)**
1/4 cup shaved/grated parmesan

Cut off the dark green leek leaves, setting aside or freezing for use in vegetable stock. Cut a slit down the leek from top to bottom, leaving the entire leek intact. Run the leek under water, opening the slit with your fingers, to remove all traces of dirt and sand. Shake dry, then pat dry with a towel. Cut the leeks in half from top to bottom, creating two long half moon shaped spears. Then slice the leek halves into 4" slices. Heat the olive oil in a large frying pan on medium high heat. Add the leek slices, leaving space in between each one. Fry in multiple batches if necessary so that there is a little space around each leek and the pan is not crowded. Fry on the first side until golden brown, 4-5 minutes. Then flip the slices and fry the second side for 3-4 minutes. If using an oven tolerant frying pan (cast iron or all metal), complete the next steps right in the pan. If not, transfer the leek slices to a small baking sheet. Add the salt and vegetable stock, and sprinkle with the parmesan, and roast at 400° for 5—10 minutes, until the stock has absorbed/evaporated.

I serve this as a dish with pasta and salad and a green vegetable or I serve it as part of a raw/roasted/blanched vegetable platter extravaganza. Offer it to your loved ones when comfort is needed.