



How to Prep Leeks

Directions

1. Grab a sharp knife and a cutting board.
2. Trim the dark leafy tops off the leeks (don't throw them away - save and use in a homemade vegetable stock)
3. Trim the roots off of the bottom of the leek, being careful not to remove the entire base
4. Slice the leek in half lengthwise, leaving the base intact
5. Leeks are very gritty and require cleaning. Gently spread the layers apart and hold upright under cold running water. Be sure to spread each layer well to allow the water to rinse away all the dirt and grit. Blot dry or allow to drain on paper towels before cutting.
6. Place cut-side down on the cutting board and slice thinly into half moons.

Remember Chef Courtney's #1 Rule:
Watch out for your KNUCKLES!