

## **Minimising waste**

In the UK we tend to eat only the white part of the leek, throwing away the dark green leafy 'flag' which is considered tough and unpalatable. In fact this is a misapprehension and in Continental Europe consumers happily eat the entire vegetable, reducing waste and saving money.

The darker green parts of the leek are in fact packed with flavour, the leaves *are* a little tougher – but that just means cooking them for a little longer than the white parts and chopping them more finely.

Braising, slow cooking or blending works particularly well if you want to minimise food waste and use the full leek. The darker, green leaves also make a fabulous bouquet garni – they are ideal for wrapping bundles of fresh herbs and then can be used for flavouring soups and stews.

Just consider the dark green flag as you would a tougher cut of meat such as a brisket, chuck or hangar steak. They can be equally delicious but just need to be prepared slightly differently and cooked for longer, to ensure a tasty end result.