

# Leek and Potato Soup with Laverbread Flakes, Rapeseed Oil and Crumbled Caerphilly Cheese



**Welsh Ingredients used:** Leeks, potatoes, laverbread flakes, rapeseed oil, butter, cream, Caerphilly cheese

**Serves 4**

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## Ingredients

60g Welsh butter  
3 leeks (450g), halved, washed and thinly sliced  
500ml chicken (or vegetable) stock  
100ml cream (or milk)  
1 tsp salt  
1 large cooked baking potato, skin removed and crumbled (250g)  
1 tsp seaweed (laverbread) flakes  
1 tbsp rapeseed oil  
50g Caerphilly cheese, crumbled

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## Method

- 01** Melt the butter in a large sauté or saucepan. Add the leeks and cook for 7-8 minutes on a medium heat, stirring often, until soft but not coloured.
- 02** Add the stock and bring to a simmer.
- 03** Add the cream, salt and potato and heat for another minute or two.
- 04** Blitz with a handheld blender or place in a blender until smooth.
- 05** Pour into 4 bowls, sprinkle over the seaweed, drizzle over the oil and top with the crumbled cheese.

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