



## Braised Leeks

Makes 4 servings

- |   |                                   |
|---|-----------------------------------|
| <b>3 tbsp olive oil</b>                           | <b>1/4 pound butter</b>           |
| <b>8 leeks (trimmed, washed, large dice size)</b> | <b>3 tbsp apple cider vinegar</b> |
| <b>5 cloves minced garlic</b>                     | <b>2 tbsp sugar</b>               |
| <b>1/4 cup white wine</b>                         | <b>Salt and pepper to taste</b>   |

1. Heat oil in a thick pot over medium heat. Sauté leeks for about 5 minutes, then add garlic; continue cooking for another 2 minutes.
2. Add wine, scrape the bottom of the pan, and then reduce heat to low.
3. Braise leeks for about 15-20 minutes, then add butter, vinegar and sugar. Continue cooking for an additional 15-20 minutes. Taste and adjust seasoning as needed with salt and pepper.



Recipe provided by Michigan State University Chef Kurt Kwiatkowski



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## Farmers Market Food Safety Tips

- Wash hands before and after handling fresh produce.
- To clean thoroughly, rinse leeks well, using lots of cold, running water to remove any soil or grit found between the leaves.
- Use leeks immediately after washing. Do not trim or wash before storing.
- Wrap leeks in plastic when storing in the refrigerator, as other foods can absorb their odor.
- If purchased fresh, leeks will last up to 2 weeks in the refrigerator. After cooking, leeks should be kept in the refrigerator and used within 2 days.

Recipe development was supported by a Food Safety Training and Education grant provided by the Michigan Department of Agriculture and Rural Development.

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