



Preliminary research suggests allium vegetables have anticarcinogenic properties. In animal-based studies, a higher intake of these veggies reduced the risk of several types of cancer.

When selecting leeks, opt for firm stalks with an unblemished white part and crisp, green leaves

# *fresh look:* **LEEKS**

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Photography by Tony Lewis, Jr.

From the obscure to the obvious, we are fortunate to have access to an abundance of fresh produce in our region. To that end, we're kicking-off our new Dining section feature—offering three fresh takes on selected seasonal produce— with a vegetable that leans more to the obscure side—Leeks.

In comparison to other varieties of the allium family (see: shallots and garlic), leeks are less a kitchen staple and more a farmer's market impulse purchase. This season's pick highlights the onion's long-lost cousin with recipes that will convince you to start showing leeks a little love.





### PAN SEARED SCALLOPS WITH SUNDRIED TOMATO PESTO AND CRISPY LEEKS

Slice 1 leek into matchstick strips and deep fry in canola oil at 325 to 350 degrees. Fry until golden brown, about 30 to 60 seconds. Use slotted spoon to remove leeks from oil and transfer to paper towel to drain. Finish with salt and pepper. Season 5 scallops with salt and pepper and pan sear with a dash of canola oil for one and a half to two minutes per side. Top each scallop with crispy fried leeks.

Add homemade sundried tomato pesto for a zesty bite

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Pair latkes with a grilled salmon filet and lemon aioli for a simple, yet flavorful meal



### LUSCIOUS LEEK LATKES

Drain 4 cups of peeled, shredded potato in a cheesecloth to extract as much moisture as possible. Add to a medium bowl and stir in 2 tablespoons of grated onion, 4 beaten eggs, 4 tablespoons of all-purpose flour, and 2 teaspoons of salt. In a large, heavy-bottomed skillet, heat 1 cup of canola oil. Once the oil is hot, place large spoonfuls of the potato mixture into the skillet, pressing down the mixture to form half-inch-thick patties. Fry until golden brown on both sides. Drain on a paper towel and serve hot!



### BACON POTATO LEEK FRITTATA

Combine the following ingredients in a bowl: 6 eggs, 3 cups of peeled, shredded potato (drained in cheesecloth), 6 ounces of chopped, softened sundried tomatoes, a cup of chopped bacon, 1 teaspoon of chopped garlic, 1 julienned sautéed leek, 4 cups of Havarti cheese, 1 tablespoon of dried oregano, half a cup of panko breadcrumbs, 2 dashes of hot sauce, 2 ounces of melted butter, and salt and pepper to taste. Press into a greased pan and cook at 350 degrees for 20 to 25 minutes. Let cool and cut into triangles.