

LIVE WELL WATERTOWN



Potage au Cresson (aka Potato, leek & watercress soup) (Based on Julia Child's Mastering the Art of French Cooking, Volume 1)

In a soup kettle or pressure cooker;

- * 1 lb potatoes, sliced medium thin
- * 1 lb leeks, including the palest green part of the stem
- * 2 quarts water
- * 1 TBSP sea salt
- * 4 to 6 TBSP heavy cream (optional)

Either boil ingredients, partially covered, for 40-50 minutes until vegetables are tender, or,

Cook under HI pressure for 5 minutes, then release pressure and simmer, uncovered, for 15 minutes.

Mash vegetables either with a fork, a food mill, or a stick blender to desired consistency (though leaving some texture)

Let rest, uncovered, till ready to reheat.

Off heat add ¼ lb, or 1 packed cup, watercress leaves & stems and simmer for 5 minutes. Just before serving, stir in 4-6 T heavy cream, if desired. Check for seasoning and serve.