



LIVE WELL WATERTOWN

Potage au Cresson (aka Potato, leek & watercress soup)

Prepared By: Community Chef Natalie

Adapted From: Julia Child's Mastering the Art of French Cooking, Volume 1)

INGREDIENTS:

- 1 lb potatoes, sliced medium thin
- 1 lb leeks, including the palest green part of the stem
- 2 quarts water
- 1 TBSP sea salt
- ¼ lb (or 1 cup packed) watercress leaves & stems
- 4 to 6 TBSP heavy cream (optional)

INSTRUCTIONS:

Add potatoes, leeks, water, and salt to a soup kettle or pressure cooker. 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.