

# The most comforting bowl of deliciousness: An easy soup with a wild twist

Kitchen Cabinet: Three-cornered leek or wild garlic gently flavours this potato soup

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Three-cornered leek soup with air-dried ham garnish.

In my spare time I enjoy foraging, and little did I know when my father took me picking wild mushroom at the age of six that I would end up living in [Ireland](#), in the beautiful village of [Oughterard](#), collecting many other wild foods apart from mushrooms.

Right now, there is an abundance of three-cornered leek, a member of the onion and garlic family. Using it in this potato soup results in the most comforting bowl of deliciousness, with a subtle flavour of sweet onion and a hint of green pea.

The soup is very simple to make and perfect for this time of year, and if you cannot find three- cornered leek, then either wild garlic or spring onion is a great substitute.

*Ulrich Hoeche, originally from Germany, has worked as a chef for the past 20-plus years, He now lectures Culinary Arts students in the Galway International Hotel School at GMIT.*

# Simple potato soup with a little wild twist

*Serves four*

## Ingredients

25g butter, and extra for the bread

1 small white onion, peeled and sliced

3 (250g) medium size potatoes, peeled and diced

600ml light chicken or vegetable stock

250g three-cornered leek, finely sliced (or wild garlic or spring onion)

130g natural yoghurt (I use Velvet Cloud sheep's milk yoghurt)

Salt and pepper

*To finish:*

40g air-dried ham, or Parma ham, torn

Three-cornered leek flowers

Rustic sourdough loaf

A splash of high quality cold pressed Irish rapeseed oil

## Method

1. Heat the butter in a medium size saucepan and sweat the onion over a gentle heat until soft.
2. Stir in the potato and pour in the stock and bring to a gentle simmer.
3. Cook until the potato has fully softened and add the three-cornered leek.
4. Simmer for a further three minutes, then add the yoghurt and blend with a handheld mixer or jug blender, until totally smooth.
5. Season to your liking with salt and white pepper.
6. Finish with the air-dried ham, or Parma ham, rapeseed oil and some of the three-cornered leek flowers.
7. Serve with fresh buttered sourdough bread.

**Chef's tip:** Using yogurt instead of cream will give you richness without the calories, but ensure the yogurt is added at the end of cooking, to prevent the soup from splitting.

*Kitchen Cabinet is a series of recipes from chefs who are members of Euro-toques Ireland who have come together during the coronavirus outbreak to share some of the easy, tasty things that they like to cook and eat at home #ChefsAtHome*

<https://www.irishtimes.com/life-and-style/food-and-drink/the-most-comforting-bowl-of-deliciousness-an-easy-soup-with-a-wild-twist-1.4231712>