

A wonderfully southern recipe, whether as a starter, as a side dish with fish or served as a vegetarian dish with something on the side. Do try it once with chickpeas!

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Porro alla calabrese Leeks Calabrian style

Ingredients for 4 people

- 500 g leeks** trim, wash well, halve the stalks if need be and cut into 4 – 5 cm lengths
- 1 garlic clove** finely chopped
- half a lemon** grated zest and juice
- 2 bay leaves**
- 1 sprig of thyme**
- 1 cinnamon stick**
- 3 dl white wine**
- 1 tbsp sugar**
- Salt, pepper**
- 8 tbsp olive oil**
- 1 onion** cut into fine rings
- 1 carrot** finely grated
- 3 tomatoes** finely diced

in a frying pan sweat:

Add the spices and wine to the vegetables in the pan, lay the leeks on top and simmer gently for 15 – 30 minutes. The leeks must not be overcooked. Season with salt and pepper.

Put the leeks in a shallow dish. If the remaining juices are still very thin, reduce them until nicely syrupy, then spread them carefully over the leeks.

- a few black olives** scatter both over the top and serve hot, warm or cold!
- freshly chopped parsley**



VERONICA'S TIP:

Just carry on playing with the idea and enrich the dish with fried mushrooms, for example!