



## RECIPE OF THE WEEK: 16/08/2021

### Prasorizo

#### (Leeks with saffron rice from the island of Tinos)

This dish can be served as an accompaniment to any kind of meat or poultry, speciality roasts and grills. This may look as a humble dish but if it is made with care and passion, it can be elevated to a gastronomic excellent dish with distinct flavours and character. The combination of dill, fresh mint, extra-virgin olive oil and lemon juice contributes to creating a delicious meal. It makes a good vegetarian dish on its own with cheese, salad and yoghurt.

#### Serves 4

#### Ingredients

4-5 sun-dried tomatoes  
20-25 saffron strands  
3-4 (500-650 g) thin fresh leeks  
1 large onion, sliced  
4 tbsp extra- virgin oil  
2 spring onions, finely sliced  
½ tsp sugar  
300 g long- grain rice  
2 tbsp dill, finely chopped  
2 tbsp fresh mint, finely chopped  
juice of 1 lemon  
1 litre water  
200ml vegetable stock  
sea salt and freshly ground black pepper



#### Method

1. Chop the sun-dried tomatoes into small pieces and put to soak, if they are not in oil, in a cup with 50ml of boiling water. Put the saffron strands to soak in another cup in 50ml of boiling water.
2. Trim and remove the outer tough leaves of the leeks and cut off the bearded roots. Rinse in cold running water and slice in 1cm rings. Immerse them in a bowl of cold water for 5 minutes to remove any residual grit. Lift the pieces with a slotted spoon and drain in a colander. Repeat the process if necessary, until all the grit is removed.
3. Over a medium heat in a large saucepan, fry the onion in olive oil for 3-4 minutes until translucent. Sauté the spring onions for 1 minute. Add the leeks and sprinkle them with sugar. Stir carefully and cook for a further 5 minutes until the leeks become soft and glistening.
4. Drain the water from the sun-dried tomatoes into the pan. Pound the sun-dried tomatoes in a mortar with a pestle and add the pulp to the saucepan.
5. Add the rice and season with salt and pepper. Stir with a wooden spoon for about 2 minutes.
6. Add the dill, mint, saffron with its soaking liquid, water and vegetable stock.
7. Stir, cover the pan and simmer for 15-20 minutes until the rice is cooked but still firm. Sprinkle and stir in the lemon juice and a bit of olive oil in the prasorizo, 3-4 minutes before it is cooked.
8. Remove from the heat. Place a piece of clean towel over the top, replace the lid and let it stand in a warm place for 10-15 minutes until all the water is absorbed.
9. Serve hot with thick Greek yoghurt.