KALI OREXI

sharing our Greek culinary heritage

KO's Prasorizo
(Leeks with Rice)

For the Prasorizo

- ½ cup extra virgin olive oil (EVOO)
- 6 leeks
- 2 teaspoons salt
- 1 teaspoon pepper
- 1 cup medium grain rice
- 1 cup water
- Additional EVOO for drizzling

Preparing the Prasorizo

- Trim the ends of each leek and remove the external layer of the leeks, if damaged
- Cut each leek in half, lengthways
- Cut each length into 3-4cm long pieces
- Fill a bowl or a basin with cold water and add the cut leeks. Using a rubbing action, loosen the leek layers and any dirt on the leeks. Remove the leeks from the water. Drain the water and rinse the bowl or basin well to remove any sand or dirt. Repeat two more times or until there is no sand/dirt left in the bowl or basin when drained of water
- Add the olive oil to a deep pot and heat on medium-high
- Add the leeks, stir them through and cook them till they just wilt
- Season with the salt and pepper
- Add the rice and stir through
- Add the water, bring to a boil and then reduce to a simmer
- Occasionally, stir the leeks and rice gently

- Continue simmering until all the water has been absorbed
- Switch off the heat, place a towel between the pot and the lid and allow the prasorizo to rest for 5-10 minutes

Serving the recipe

- Plate up the prasorizo and drizzle with EVOO
- Serve the prasorizo as a side to any meat dish or enjoy as a dish on its own, served with a sprinkling of feta or a generous dollop of natural Greek yoghurt
- Serves 4-6

Key Points

- The greens of the leeks add flavour, texture and colour to this recipe, so use the entire leek, not just the whites
- When sautéing the leeks, do not overcook them; cook them till they just wilt
- Even though 1 cup of rice usually calls for 2 cups of water in the reduction cooking method, only add 1 cup of water when cooking this dish to begin with. The leeks will continue to release water as they cook, adding to the quantity of water in the pot. If all of the water in the pot reduces and the rice appears undercooked, add ½ cup of boiling water to the pot and gently stir it in. Continue to simmer until all the water reduces once more
- If you prefer your prasorizo to have more rice in it – add more and adjust the water you add accordingly