

Golden Leeks and Onions

This dish was commonly eaten in Medieval monasteries.

Ingredients

6 medium leeks
3 medium onions
1 tsp. saffron
2 Tbs. boiling water
2 1/2 cups chicken stock.
honey (a small amount)
pinch white pepper
pinch ground cinnamon
pinch ground cloves

Utensils

knife and cutting board
measuring cup
measuring spoons
deep frying pan
strainer **or** sieve **or** colander
teakettle
bowl
serving dish

This dish is seasoned to taste. Make the chicken stock. Premade chicken stock or bouillon cubes can be bought in the store. Boil water in the teakettle on the stove over high heat. Pour 2 Tbs. water into a bowl and add the saffron. Soak the saffron in the boiling water until the water turns deep gold in color. Peel and chop the onions and thinly slice the white part of the leeks into rings. Discard the green part of the leeks. The dish can be prepared up to this point in advance. Put all the ingredients into the frying pan (make sure to use a good-sized pinch of the spices to add flavor) and gently cook uncovered on the stove over medium low heat for 6 to 8 minutes. Drain off the liquid and serve hot.