

# VEGETABLE STOCK



## INGREDIENTS

1 tbs oil  
4 carrots, diced  
1 onions, diced  
4 celery stalks, leaves included, diced  
2 leeks, thinly sliced  
2 parsnips, diced  
4 florets broccoli, diced  
4 florets cauliflower, diced  
200g pumpkin, peeled and diced  
2 bay leaves  
4 garlic cloves, whole  
1 bouquet garni (see tips below)  
8 black peppercorns

PREPARATION TIME: 15 MINS  
COOKING TIME: 1 HOUR MINS  
SERVES: AT LEAST 2 LTRS STOCK

## PREPARATION

You will need a large heavy-based pot for this recipe.

## METHOD

1. Heat the oil in an large heavy-based pot and add all the vegetables. Cover and cook for 5 minutes.
2. Add 3 ½ litres (14 cups) of water. Bring slowly to the boil. Add the bay leaves, bouquet garni, garlic and peppercorns.
3. Reduce the heat to low and simmer gently for 1 hour. Skim the froth from the surface regularly.
4. Strain the stock through a sieve. Set aside to cool, and then transfer to a container.

## REHEATING, STORAGE & LEFTOVERS

\* Place the vegetable stock in an airtight container and store in the fridge for up to 2 days or in the freezer for up to 6 months. Store liquid in small portions in airtight containers in the freezer or try using icecubes or reuseable ziplock bags in pre-measured amounts for easy use.

## VARIATIONS & TIPS

\* To make your own bouquet garni, tie together with a string or wrap in a piece of cheesecloth or muslin, 4 sprigs parsley or chervil, 1 sprig fresh thyme and 1 bay leaf. A bouquet garni usually also includes a piece of celery and peppercorns but as this recipe already includes these ingredients there is no need to add any extra.

\* This stock can be used as a base for soups or to add to stews, risottos and sauces for extra flavour.

## NOTE

Always look for organic ingredients to be sure you are avoiding additives or check the label carefully to ensure there are no nasties in your ingredients.