



Vegetable Stock

Season: All

Serves: 6–8 L

Fresh from the garden: bay leaves, carrot, celery, leek, onion, parsley, thyme

Equipment:

metric measuring jug
clean tea towel
chopping board
cook's knife
large pot
ladle
large bowl
colander
clean sheet of muslin

Ingredients:

10 L cold water
4 large carrots, chopped
4 onions, chopped
6 celery stalks, sliced
2 leeks, sliced
8 garlic cloves, crushed
3 bay leaves
2 sprigs of thyme
large handful of parsley, roughly chopped
6 black peppercorns

What to do:

1. Prepare all of the ingredients based on the instructions in the ingredients list.
2. Add all the ingredients to the pot and cover with the water.
3. Bring to a simmer and skim the surface with the ladle to remove any impurities.
4. Turn down the heat and continue simmering for 2 hours.
5. Remove the stock from the heat.
6. Strain into a large bowl using a colander lined with muslin, then allow to cool.
7. Store covered in fridge for 2–3 days, or freeze.

