

How to Make Vegetable Stock

Makes 1.5l

Takes about 1 hour 15 minutes

Uses 1 pot

Ingredients

1 tablespoon olive oil
1 large carrot, roughly chopped
1 onion, roughly chopped
1 leek, roughly chopped
2 celery stalks, roughly chopped
1 garlic clove, bashed
75g mushrooms

1.5l water
1 large tomato, quartered
1 bouquet garni of 3 x parsley stalks, 2 x thyme stalk, 2 x bay leaf.
1 teaspoon peppercorns

Directions

Heat the oil in a large pan over a medium heat.

Add the carrot, onion, leek, celery, garlic and mushrooms and fry for 5 minutes.

Add the water, tomato, bouquet garni and peppercorns, cover and bring to the boil. Once boiling, reduce the heat and simmer for 1 hour.

After an hour, strain the liquid into a bowl through a fine sieve, discarding the boiled vegetables.

Your stock is ready to use!

