

Vegetable Stock

This is a great classic, simple recipe for vegetable stock where everything is just placed in a saucepan and simmered very gently so the water is infused with flavour from the vegetables and aromatics.

Makes- 1 litre

Recipe and photos from
<https://www.recipetineats.com/homemade-vegetable-stock/>



Ingredients

2 litres of water
2 medium carrots
1 onion
1 stalk of celery
2 garlic cloves
3 parsley stems
1 bay leaf
1 sprig of thyme
½ tsp black peppercorns
½ tsp coriander seeds
1 tsp salt



Equipment

Large saucepan
Sieve
Knife
Chopping board
Soup ladle

Method

1. Place all ingredients in a large pot. Bring to simmer over high heat, then reduce heat to low and simmer for 2 hours without a lid. The water should not be bubbling, it should just ripple gently. Stock should reduce by about half.
2. Strain and press the juices out of the vegetables. You should have 1 litre (4 cups) of stock. If you have much more than this, return the strained liquid into the pot and simmer to continue to reduce.
3. Keeps in the fridge for 5 days, or freeze for 3 months.

How to use: Use in place of store-bought stock in any recipe – 1:1 ratio.

