

Name of Recipe: Vegetable Stock

Volunteer Notes: Discuss the many varieties of stock, the ingredients in each and the cooking times.

Chicken, Beef, Fish, Vegetable (French) and Asian stocks

Students to look up recipes in cookbooks

What to collect	What to do
2 onions, peeled & cut into 1/4 2 garlic cloves 2-3 stick of celery 3-5 carrots, peeled, chopped 4-5 whole black peppercorns 2-4 Bay-leaves Sprigs-thyme, parsley, oregano 1 x Leek tops (if available) 3 lt cold water 1 large stock pot with lid	<ul style="list-style-type: none">• Collect all your ingredients.• Wash celery, chop into 1/3, same with peeled carrots & onions.• Add to the pot with aromatics, pepper add the water then bring to the boil.• Turn to simmer & simmer 2-3 hours.• Strain off the solids, and then use the stock for the soup.