

Basic Vegetable Stock

Swick

Serves 1 | Active Time: 30 minutes | Total Time: 2 hours

Step 1: Starting the Stock

- 4 carrots, peeled and chopped
- 1/2 head celery, chopped
- 2 large onions, chopped
- 8-10 oz leek, white and green parts, chopped
- 3 to 6 cloves garlic, peeled
- 1 tsp black peppercorns
- 2 bay leaves
- 2 qt cold water
- 1/4 cup sun-dried tomatoes
- 1 small handful of fresh parsley
- a few sprigs of thyme

First, gather and prepare your mise en place.

To start the stock, add all ingredients to a large stockpot. Bring to a boil and lower heat to a simmer. Allow to gently simmer, uncovered, for 1 to 1 1/2 hours.

Note: For the Simple Cabbage Soup assignment, it's not uncommon for students to come up short on stock. It depends on how hard and long it's simmered. So, you might consider doubling the amount of stock you make. You can easily use or freeze any leftover stock.

Step 2: Finishing the Stock

To finish the stock, allow to cool for 15 to 20 minutes. Place a fine mesh strainer over a medium bowl. Alternatively, you can use a strainer lined with cheesecloth. Pour the stock into the strainer, allowing the liquid to pour through.

If not using immediately, quickly chill or freeze and store until ready to use.