

Chinese Vegetable Stock

Swick

Makes 3 quarts | Active Time: 25 minutes | Total Time: 4 hours

Step 1: Roasting the Cabbage

- 1 1/2 lb (675 ml) napa cabbage or green cabbage
- 1 tbsp (15 ml) oil

Preheat an oven to 400°F (205°C). Cut the cabbage into 3 or 4 pieces. Rub your hands with oil, then rub the oil onto the cabbage pieces. Roast for about 30 minutes or until brown on the edges. Place the cabbage under the broiler for a few minutes, if necessary.

Step 2: Preparing the Stock

- 1 finger (20 g) fresh ginger, sliced
- 4 each garlic cloves
- 12 oz (340 g) white onion, quartered
- 12 oz (340 g) carrots, large pieces
- 10 each green onions or 4 each naganegi
- 8 oz (225 g) daikon, large pieces
- 1 postcard size piece of kombu (dried kelp)
- 12 each (1 oz/30 g) dried shiitake
- 4 qt (4 L) water

Add the remaining ingredients to a stockpot, along with the roasted cabbage. Simmer with a lid for 3-4 hours. Strain.

Store this stock for up to a week in the refrigerator. Or, freeze in smaller containers, and use within 3 months.