RoastedVegetable Stock

Jacob · 30/09/2024



Prep Time

3 hrs 5 mins

Dificult

Medium

Servings

8

Description

This delicious stock has a depth of flavor that comes from roasting the vegetables Use whatever vegetables you have on hand but avoid anything too strongly flavored such as broccoli or cabbage as they will overwhelm the stock

Ingredients

— - 1 whole head garlic - 4 carrots

— cut into chunks - 4 stalks celery

— cut into chunks - 3 onions

— cut into chunks - 1 green pepper

— quartered - 1 tomato

— quartered - ? cup olive oil - salt and ground black pepper to taste - 8 cups water - 2 bay leaves - 1 ½ teaspoons dried thyme - 1 ½ teaspoons dried parsley

Instructions

1. Preheat the oven to 400 degrees F (200 degrees C). Cut top off head of garlic. Arrange garlic
2. carrots
3. celery
4. onions
5. bell pepper
6. and tomato on a large baking sheet in a single layer; drizzle with olive oil
7. then season with salt and black pepper. Roast in the preheated oven
8. turning every 20 minutes
9. until tender and browned
10. about 1 hour. Combine water
11. bay leaves
12. thyme
13. and parsley in a large stock pot. Squeeze head of garlic into stock pot; discard outer husk. Add carrots
14. celery
15. onions
16. bell pepper
17. and tomato to stock pot. Bring to a boil over medium-high heat; reduce heat to low and simmer 1 1/2 hours; strain and cool.