Vegetable Scrap Stock

Jacob · 30/09/2024



Prep Time

1 hr 5 mins

Dificult

Medium

Servings

4

Description

This recipe can easily be doubled or even quadrupled just keep the scrap mixture evenly divided between the 2 groups While the Parmesan rind is purely optional it adds wonderful cheesy depth to the flavor

Ingredients

— - 1 cup carrot scraps - 1 cup onion scraps - 2 cloves garlic - 2 teaspoons olive oil - 1 sprig fresh thyme - 1 large bay leaf - ¼ teaspoon peppercorns - 1 quart water - ½ teaspoon salt - 1 splash white wine (Optional) - 1 (2 inch) piece Parmesan rind (Optional)

Instructions

1. Coarsely chop carrot and onion scraps into 1-inch pieces. Peel garlic cloves and smash lightly with the flat side of a large knife
2. so the cloves are cracked and somewhat flattened. Heat olive oil in a 3-quart pot over medium-high heat. Add vegetable scraps
3. garlic
4. thyme
5. bay leaf
6. and peppercorns. Cook
7. stirring frequently
8. for 5 minutes. Add water
9. salt
10. white wine
11. and cheese rind. Bring to a boil. Reduce heat to low and simmer
12. covered
13. for 30 minutes. Uncover and simmer for 15 to 20 minutes more. Strain stock through a fine-mesh sieve. Use immediately
14. or store in the refrigerator for up to 1 week or in the freezer for up to 6 months. Cook's Notes: You can use 1 cup scraps from any sweet vegetables (like parsnips
15. golden beets
16. fennel
17. corn cobs
18. pea pods
19. any previously roasted vegetables) and 1 cup scraps from any savory vegetables (like leek tops
20. mushroom stems
21. spinach
22. chard
23. squash peels). Cruciferous vegetables (cabbage relatives like brussels sprouts
24. collards
25. cauliflower and broccoli) are not recommended
26. as they contribute unwelcome bitterness to vegetable stock. Substitute 1/4 teaspoon dried thyme for the fresh
27. if preferred. Editor's Note: Please note the different ingredient amounts when using the magazine version of this recipe.