Bramblett39s Vegetable Stock

Jacob · 30/09/2024



Prep Time

1 hr 50 mins

Dificult

Medium

Servings

6

Description

A perfect base for any number of recipes Store some in the freezer and you have an almost instant meal on your hands

Ingredients

- - 1 tablespoon olive oil - 2 onions
- cut into chunks - 1 celeriac (celery root)
- chopped - 1 cup potato peelings - 1 cup chopped carrots - 1 cup fresh mushrooms - 1 cup butternut squash peelings and pulp - salt to taste - 1 quart water

Instructions

1. Heat the oil in a large pot over medium-low heat. Place onions in pot and cook 20 minutes
2. stirring occasionally until very tender and golden brown. Mix celery root
3. potato peels
4. carrots
5. mushrooms and squash into pot. Season with salt. Continue cooking 45 minutes or until vegetables are very tender and golden brown. Pour water into pot. Bring to a boil. Reduce heat to low and simmer 30 minutes
6. stirring occasionally. Strain out the solids
7. taste for sufficient salt and voila! Your stock! Notes You can saute a few onions and garlic
8. add the stock
9. a couple of bags of frozen peas
10. a couple of mint leaves
11. blend it up
12. add a touch of cream
13. and a highly elegant and lovely bright green soup is on its way to your tummy. Many types of vegetables may be used to prepare the stock. Things to avoid are broccoli
14. cauliflower
15. kale
16. cabbage -- you get the picture.