

Season:	Year round
From the garden:	Any vegetable trimmings, carrots, celery, onions, leeks
Type:	Basics
Difficulty:	Easy
Country of origin:	France
Serves:	1.25 litres

Equipment

- Chopping board
- Cook's knife
- Sieve or colander
- Large saucepan/stock pot
- Measuring jug
- Wooden spoon
- Clean containers (such as ice-cream containers) to store it

Ingredients

- 2 onions
- 2-3 carrots
- 3 celery stalks, including the tops
- 1 leek
- 1 bay leaf
- Parsley stalks
- Vegetable trimmings – see below
- 4-5 peppercorns

How to make it

1. Peel the onion and chop roughly.
2. Scrub the carrots and chop roughly. (they should not need peeling)
3. Wash the celery stalks and tops and chop roughly.
4. Trim the dark green tops from the leek and make a long cut down the length of the leek. Wash well under running water, opening the cut to ensure any dirt is removed. Slice 1-2cm.
5. Wash the parsley stalks and bay leaf.
6. Make sure any vegetable trimmings are washed and free of dirt.
7. Put all the prepared ingredients into a large saucepan with the peppercorns and add 1.25 litres of water. Bring to the boil, then lower the heat and simmer for 30 minutes. Remove any scum that rises to the surface.
8. Remove stock from heat (**ask an adult to help with this task**). Strain the stock through a sieve or colander, discarding the vegetables and keeping the liquid. Do not press on the vegetables as this can make the stock cloudy.
9. If not using immediately, leave to cool before pouring into a container. The stock can be stored in the refrigerator for up to 5 days or in the freezer for up to 1 month.

Vegetable trimmings:

- Mushrooms, eggplant, asparagus (woody ends), corn cobs, fennel (stalks and trimmings), capsicums, pea pods, chard (stems and leaves), celeriac peelings, potato peelings.
- Do not be tempted to add cruciferous vegetables like broccoli, cabbage, or cauliflower as these will make the stock bitter.

- Vegetable stock is used in many dishes such as soups and risottos.
- This recipe is easily increased if you need to make a larger quantity.
- Stock powder can be added to water to make a stock, but the liquid stock you can make with this recipe has a better flavour and is a good way to use up spare vegetables and vegetable trimmings.

Notes:

- This stock is a basic, unseasoned base from which many dishes can be made. It is important not to add salt until afterwards as this can become more concentrated if the stock is allowed to reduce in volume through evaporation.
- Herbs and strong flavours such as garlic should be left out so that you can add what is appropriate to the dish later e.g. lemongrass and ginger for an Asian soup, garlic and thyme for a French dish.

Skills:

■ **Simmering***

- * Simmer – to gently cook food in a liquid over low heat so only tiny bubbles can be seen breaking the surface of the liquid.