



Vegetable Stock

INGREDIENTS

- 3 shallots, washed well
- 2 brown onions, peeled, roughly chopped
- 3 celery sticks with leaves, roughly chopped
- 2 carrots, roughly chopped
- ½ bunch parsley and/or just stalks
- 4 fresh thyme sprigs
- 3 bay leaves
- 1 tbsp peppercorns
- 9.5L cold water



Serves: 7L



Prep Time: 10 min



Cooking Time: 40-45 min

METHOD

1. Add all ingredients to a large stockpot.
2. Place stockpot on the stove and bring to the boil.
3. Once boiling, reduce to a simmer for 30 to 35 minutes, until delicious veggie flavour is achieved.
4. Strain when happy with the flavour.
5. Use immediately or cool to room temperature before storing into the fridge or freezer.
6. Stock may be refrigerated for up to 7 days, or frozen for up to 6 months.



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