



Sustainable Solano
NURTURING INITIATIVES FOR THE GOOD OF THE WHOLE

Simple Vegetable Stock

2 T. olive oil
2 medium onions, or equivalent (including scraps of leek tops, shallots, spring onions, scallions, etc.)
6-7 celery stalks (including tops and leaves are ok)
2 large carrots (scrubbed ends are ok)
8 oz. cremini (baby bella) mushrooms
1 head of garlic, halved crosswise
6-8 sprigs fresh parsley
1 bay leaf
1 t. whole black peppercorns
4 quarts water
Salt

For the veggies: chop onions, celery, carrots and any other alliums into 1" pieces. Note: the onions need not be peeled, but you may want to scrub the root end well, or shave it off with a sharp knife, depending on how much dirt is there.

Heat oil in a large stock pot or Dutch oven. Add alliums and saute over high heat until the veggies just begin to brown. Halve the mushrooms if large. Add the celery, carrots and mushrooms and continue cooking until more browning develops on the bottom of the pan, about 5 minutes more.

Add the garlic, parsley, bay leaf and peppercorns, followed by 4 quarts of water. Bring to a boil, reduce heat and simmer uncovered until reduced by about half, 1 – 1 ½ hours.

Strain stock through a fine-mesh strainer into a large bowl or pan; discard solids. Cool to almost room temperature, then cover and chill for 3 days, or freeze for up to 3 months.

Optional other additions: Spent corn cobs, small fennel bulb, cauliflower core, lemongrass, kale stems.

Makes about 2 quarts.

Recipe adapted from *Bon Appetit*.

Buy local! Get produce for this recipe from small Solano County farms.
Visit <http://sustainablesolano.org/local-food/> for resources and information.