



UNIT 5 / PRACTISE 6

Vegetable Stock

Ingredients

- 1,200 kg of vegetables :
 - 0,200 kg onions
 - 0,200 kg leeks
 - 0,200 kg carrots
 - 0,200 kg celery
 - 0,200 kg fennel or stalk of broccoli or cauliflower
 - 0,100 kg parsley root
 - 0,100 kg tomato
- 0,020 l oil
- 6 l water
- 1-2 pcs bay leaf
- 1 bunch of herbs of your choice
- 10 peppercorns, coarsely crushed

Directions

1. cut the washed vegetables into small 2-5 cm pieces.
2. dice onions until light brown and sauté in oil, add all vegetables and sauté.
3. fill up with water, add spices. Bring to a boil and simmer on low heat for 30 minutes.
4. then strain through a sieve or better a cloth.

Notes

Suitable for:

- clear and bound vegetable soups,
- vegetable sauces,
- Vegan soups and sauces,
- steamed vegetables,
- curries,





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