

**Vegetable stock**

**Quantity:** 6L

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| **Equipment:**  Chopping board  Chef’s Knife  Measuring jug  Large stock Pot  Sieve | **Ingredients:**   * 2 onions * 2 carrots * 4 celery sticks, coarsely chopped * 3L (12 cups) cold water * 6 fresh parsley stalks * 10 whole black peppercorns * 3 dried bay leave * Any extra vegies or herbs from garden |

**What to do:**

1. Heat the oil in a stockpot or large saucepan over medium-high heat. Add the onion, carrot and celery and cook, stirring, for 5 minutes or until brown.

2. Add the water, parsley, peppercorns and bay leaves and bring to the boil. Use a fine-slotted spoon or fine metal sieve to remove any scum that rises to the surface. Reduce heat to medium-low and simmer, uncovered, for 1-2 hours, skimming the surface every 30 minutes. Remove from heat. Set aside for 30 minutes to cool slightly.

3. Place a fine sieve over a large heatproof bowl. Carefully strain stock through the sieve. Discard contents of sieve. Cool to room temperature.

4. Cover the stock with plastic wrap or place in an airtight container and store in the fridge. Use stock as required