

VEGETABLE STOCK

Last Modified: 09/05/2014

PREP: 15 Min
COOK: 2+ Hrs
STOVETOP

F EASY

SAUCE-STOCK

MAKES 4 QUARTS

QUA	MEASURE	INGREDIENT	PROCESS
5	Tbsp	Extra Virgin Olive Oil (EVOO)	
4	Cloves	Garlic	Thin Sliced
1	Large	Yellow Onion (Peeled)	Halved
PLUS			
1	Large	Yellow Onion (Peeled)	Coarse Chop
4	Medium	Carrots (Scrubbed & Washed)	1/2" Chop
4	Stalks	Celery (Washed - Leaves & All)	1/2" Chop
4	Whole	Dried Bay Leaves	
1/2	Tsp	Whole Black Peppercorns	
1	Bunch	Fresh Italian Parsley	
1	Bunch	Fresh Basil	
1/2	Bunch	Fresh Thyme	
20	Cups	Cold Water (NO Chlorine)	Filtered
1 +/-	Pinches	Kosher Salt	To Taste
1 +/-	Pinches	Fresh Ground Black Pepper	To Taste

PREPARATION

FACTOID	This is an excellent Vegan Vegetable Stock that will be quite clear, with a very light yellow tint. You can vary the flavor to be anything YOU like by increasing the Garlic, replacing the Carrots with Parsnips or even changing out some of the fresh Herbs.
FACTOID	STOCK VS BROTH: Technically, Broths are made using Meat and Stocks are made using Bones. Unfortunately, the Commercial Supermarket canned & boxed versions use very little Meat or Bones. They achieve their "heartiness" from the addition of Glutamates and Nucleotides - Homemade IS for certain the way to go.
CAUTION	REMEMBER: Boiling a stock during cooking will create a deeply clouded Stock. A low simmer (bubbles just barely breaking the surface) will create a relatively clear Stock.
TOOLS	<ol style="list-style-type: none"> 1) Large Stockpot & Lid 2) Fine Wire Strainer 3) Large Mixing Bowl 4) Rubber Spatula
PREP	DISH <ol style="list-style-type: none"> 1) Thinly slice the Garlic and set it aside. 2) Halve a Yellow Onion and set it aside 3) Coarsely chop a Yellow Onion and set it aside. 4) Chop the Carrots and set them aside. 5) Chop the Celery and add them on top of the Carrots.

VEGETABLE STOCK

1	In a large Stockpot over medium heat, heat the Olive Oil until it just begins to shimmer. Add in the Chopped Onion and saute, stirring often until transparent and just beginning to brown, about 15 minutes. Add in the Celery, Carrots, Garlic and Peppercorns and saute stirring occasionally until the Vegetables are tender and lightly browned, about 10 minutes more. The darker you brown the Vegetables here, the darker in color your Stock will end up becoming.
2	Pour in the Filtered Cold Water. Stir in the Herbs and Onion Halves. Season with Salt and Pepper and bring to a boil. Reduce the heat to low and gently simmer uncovered for 2 hours.
3	Pass the Stock a ladle at a time through a fine wire strainer over a large mixing bowl. Pressing on the solids with a rubber spatula to extract as many flavorful juices as possible, discarding the solids.
4	If you will be refrigerating or freezing the Vegetable Stock for later use: Allow the stock to cool, cover the mixing bowl with plastic wrap and place it undisturbed in the refrigerator for 8 hours. Remove the cold Stock and place it in airtight plastic containers. You may refrigerate it for up to 3 days or freeze it for 3 months. Thaw the Stock completely in the refrigerator before using.