

Vegetable Stock

Rowville Primary School
Kitchen Garden Recipe

Ingredients

150g Onions,
150g Carrots,
150g Celery,
100g Parsnip,
150g Leek,
35ml Olive Oil,
5 Litre water,
1 Bay leaf,
1 Sprig Thyme,
5 Peppercorns,
1 Clove,
3 Parsley Stalks,
2 Tablespoons Tomato puree,
Pinch Salt.

Equipment

Non-slip mat,
Chopping board,
Knife,
Measuring Jug,
Measuring spoons,
Large stock pot,
Wooden spoon,
Fine Strainer



Method

Place non-slip mat and chopping board on work bench.

Wash, peel, and chop all vegetables.

Add oil to stock pot over medium heat.

Add vegetables, and lightly brown. Add herbs, spices, and tomato , add the water. Bring to the boil. Simmer gently 45 minutes. Pass through a fine strainer.