

Vegetable Broth or Stock

This recipe is included for the truly adventurous. The “moderately difficult” rating comes from the time and the need to skim the broth well if you don’t use the pressure cooker method, which is rated “Easy”.

As long as you do not add vegetables with a strong and distinctive flavor (eg: broccoli) the broth will be usable in most recipes. If you’re making the broth strictly for broccoli soup, definitely use the woody stalks for your broth.

4 quarts	water
3 each	onions, cut in quarters
3 each	carrots, scrubbed and sliced
2 each	tomato, cut into chunks
1 each	apple, chopped
2 cups	celery, chopped
1/2 lb	mushrooms and stems, coarsely chopped
1/2 bunch	fresh parsley
1½ Tbs	canola oil
1/2 Tbs	garlic, minced
1/2 tsp	salt
6 each	black peppercorns
1 each	bay leaf

Procedure

Method 1

- Add all the ingredients into a large pot. Bring to a boil and skim. Boil for 2½ hours, skimming occasionally. Add water as needed to keep the level at approximately 3 quarts. Strain through a sieve lined with cheese cloth.

Method 2

- Obeying the manufacturer’s instructions, put all the ingredients into a pressure cooker. Bring to pressure and hold it there for 45 minutes. Turn off and let the pressure reduce naturally. When the pressure is gone, open and strain. **NOTE:** There is nothing to skim using this method.

Yield: approximately 3 quarts