



VEGETABLE STOCK

- 1 tablespoon extra virgin olive oil
- 2 medium onions, chopped roughly
- 6 Celery stalks with tops, chopped roughly
- 4 medium Carrots, chopped roughly
- 1 bunch's worth of parsley stems (reserve the leaves for other dishes)
- 3 each fresh thyme and oregano sprigs
- 4 bay leaves
- 1/2 cup White wine
- 4 Garlic cloves, unpeeled, with extra "paper" tossed in
- Sea salt to taste
- 2 quarts filter water, hot

In a large pot, brown the onions in the olive oil along with the celery and carrots. Add the wine, being careful not to let it catch into flame (always better to pour from a measuring cup than directly from the bottle). When about half the wine has burned off, add the hot water and the garlic, parsley stems, and herbs. Bring to boil, reduce heat to simmer, cover, and cook for at least an hour. Strain, discard the vegetables, and refrigerate as soon as possible. Can be frozen for up to a month.

Homemade stocks are easy to make, and are a big improvement over the commercial stocks sold in those boxes. God knows how old those are when you finally use them. In a pinch, they are nice to have, I suppose, but . . .

*Joyful cooking.
Healthy eating.*

*1121 Hill Street
Santa Monica
California 90405*

*310.450.5667
michael@michaelstable.com
www.michaelstable.com*