



JERNEJ KITCHEN

VEGETABLE BROTH

This Vegetable Broth recipe is easy to make and it can be made from scraps. Vegan and perfect for a variety of dishes, like soups, risotto, sauces or other.

MAKES	3	LITERS
PREPARATION:	10	MINUTES
COOK:	45	MINUTES
TOTAL TIME:	55	MINUTES

VEGETABLE BROTH

- 2 large carrots
- 1 celery stalk
- 1 large onion
- 1 handful of mushrooms (Portobello, Shiitake, or other)
- 1/8 cauliflower
- 1/4 leek (green part)
- 1 sprig of parsley, 1 sprig of lovage, 2 bay leaves and sprig of thyme
- 1 tsp peppercorns
- 1 tbsp vegetable oil
- 1 tsp tomato paste
- 3 liters water (12 cups)

VEGETABLE PREP

Clean all your vegetables. Using a speed peeler (we are using a great one from [Status Metlika](#)) peel the carrots and celery stalk into thin strips. Add them to a large pot. Halve the unpeeled onion and crush unpeeled cloves of garlic. Add to the pot. Also add mushrooms, cauliflower, and leek. Tie the herbs together using a string and add them to the pot.

COOK

Season the vegetables with peppercorns, tomato paste and vegetable oil. Place over high heat and sauté the vegetables for about 3 - 4 minutes. Add water and bring to a boil, then reduce the heat to low and cook for 45 - 60 minutes. If you like you can add salt once the stock almost cooked.

STRAIN AND USE

Strain and discard the vegetables. Set a large sieve over a big bowl or pot. Pour the stock through. Use immediately or store in a fridge or freezer, once cooled completely.

TOOLS AND EQUIPEMENT Sponsored

[speed peeler \(Status Metlika\)](#)

- kitchen knife
- cutting board
- large pot
- sieve