



Rich Vegetable Stock

By Annemarie Colbin

Credits: Food and Our Bones, Plume New York

This stock is great when you want a rich tasting stock. The oil from the walnuts and olive oil is rich in essential fatty acids, so don't try to remove it.

2 quarts

Prep Time: 20 minutes

Cook Time: 2 hours

Storage: Refrigerate for up to 1 week. Freeze up to 2 months.

Type of Dish: Soup

Ingredients

- 1 large onion, chopped
- 2 carrots, cut into chunks
- 2 celery stalks, cut into 1/2-inch slices
- 1 medium leek, cleaned and sliced into 1/2-inch slices
- 1 turnip, medium dice
- 1/4 cup walnuts
- 10 mushrooms, with stems, sliced
- 1 1/2 tablespoons extra virgin olive oil
- 1 5-inch piece kombu
- 1/4 cup white beans, soaked 8 hours, drained
- 4 quarts cold water
- Bouquet Garni
- 1/4 cup parsley, stems
- 1 bay leaf
- 1 teaspoon dried sage
- 1 teaspoon dried thyme or 1 handful of fresh thyme sprigs
- 1/2 teaspoon black peppercorn

Instructions

Preheat the oven to 450-degrees. Wash and chop the vegetables. Place the onions, carrots, celery, leek, turnip, mushrooms, and walnuts in a large baking pan (11x15-inch is great) and toss with the oil, making sure every piece is coated. Roast for about 20 minutes, turning with a spatula a couple of times to cook evenly, until lightly browned.

Transfer the roasted vegetables to a 6 to 8 quart stock pot. Add the kombu, the drained beans and the water. Add a little water to the baking pan to deglaze it and pick up the brown bits and juices; scrape the bottom with a metal spatula if needed and pour into the stockpot. Place the bouquet garni ingredients on a 6x6-inch piece of cheesecloth and tie into a bundle; add to the pot.

Bring to a boil, lower the heat and simmer gently for 1 ½ hours uncovered. Skim any foam or scum that comes to the surface during the cooking.

Remove and discard the bouquet garni. Strain the stock through a fine strainer, pressing the solids with the back of a ladle or wooden spoon to extract all the liquids. Cool and store.