



## Simple Vegetable Stock

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This is a wonderful all-purpose vegetable stock to have on hand. Sautéing the vegetables give it a deep and full flavor, and takes very little extra time.

**1 quart**

**Prep Time:** 10 minutes

**Cook Time:** 70 minutes

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

**Type of Dish:** Soup

### Ingredients

- 1 leek, roughly chopped
- 1 tablespoon extra virgin olive oil
- 1 medium onion, coarsely chopped
- 2 medium carrots, scrubbed and cut into chunks
- 2 celery stalks, cut into chunks
- 1 3-inch piece kombu
- 3 garlic cloves, sliced
- 1/2 cup parsley stems
- 2 bay leaves
- 1/2 teaspoon dried thyme or 5 fresh thyme branches
- 1 teaspoon black peppercorns
- 6 cups cold water

## **Instructions**

Wash the leeks: Drop the chopped leeks into a bowl of cold water and swish around until they feel clean. Lift out the leeks with your hands and put them in another bowl, leaving behind the sand and grit.

Warm the oil in a 4-quart pot over medium heat.

Add the onion, carrots, celery, and leek. Sauté until they soften and become aromatic; do not brown. Add the kombu, garlic, seasonings, and water. Bring to a boil, lower heat and simmer gently uncovered for about 1 hour.

Strain the stock through a fine strainer, pressing on the vegetables with a ladle or wooden spoon to extract all the liquid. Cool to room temperature before refrigerating.