



Easy Vegetable Stock Paste

This is a concentrated vegetable stock paste. Unlike conventional vegetable stock you use up all the ingredients instead of straining them out at the end saving all that goodness. You can even use your vegetable scraps to make it and it lasts for up to 4 months.

Serves

 4

Ingredients

2 medium onions

1 large carrot unpeeled

3 stalks celery + leaves

5 cloves garlic or 4 teaspoons crushed garlic

½ cup fresh herbs

1 tbspn olive oil

150 grams rock salt (1/2 cup)

500 grams of other vegetables or vegetable scraps. See tips for seasonal flavour combinations

Method

1. Roughly chop all the vegetables. Cut the slower cooking vegetables into slightly smaller pieces than the faster cooking ones.
2. Heat the oil in a large wide pan and add in the vegetables and salt and cook on medium-high heat. As the vegetables release their juices, turn up the heat and cook until the water has evaporated by at least half and all the vegetables are soft. Add in the fresh herbs and cook for a minute more.
3. Blitz it all up in a blender until smooth. Pour into sterilized jars.
4. Keep in the refrigerator for up to 4 months.

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