

Homemade Vegetable Stock (Makes about 900ml/1½ pints)

Ingredients

1 large onion, peeled

125g/4½oz carrots, peeled

1 celery stick

175g/6oz mixed root vegetables (sweet potato*, swede, parsnip), peeled

½ leek

25g/1oz butter

1 sachet bouquet garni (optional – can be bought in section of supermarkets where herbs are stocked)

1 sprig of fresh parsley

1 bay leaf

900ml/1½ pints water

* may need to be counted as exchanges

Method

1. Peel & chop all vegetables.
2. Melt the butter in a saucepan and sauté the onion for 5 minutes.
3. Add the remaining ingredients and cover with the water.
4. Bring to the boil and simmer for about 1 hour.
5. Strain the stock

Note

This can be frozen for 2-3 months.