



A good stock is the base for delicious soups and stews not to mention risotto and sauces. Meat stock is very nutritious and healing to the body, it contains easily digested amino acids, gelatine, glucosamine, fats, vitamins and minerals. Far better than stock cubes, although these are fine in an emergency.

Stock will keep in the fridge for about 1 week, or can be frozen for use later.

- Never add salt to stock, add salt to the finished dish.
- A scum usually forms on the top of stock as it is cooking, this can be skimmed off to give a clearer stock.

For approx. 1ltr of stock;

- **Vegetable** – roughly chop 1 large onion, 1 large carrot, 2 sticks celery, 1 leek, a few cabbage leaves or cabbage core, 2 cloves garlic, peeled & left whole, a few mushrooms, 1 tsp peppercorns, 3 bay leaves, handful of parsley stalks, 1ltr water.
- Save vegetable cooking water and store in the fridge as a vegetable stock alternative.

Chop the vegetables roughly and place in a deep pot with a lid. Drizzle over a little oil and fry the vegetables gently for a few minutes until beginning to soften. Add the water, bring to the boil and simmer for 20min. Strain, press the vegetables to extract as much liquid as possible, then discard the pulp and use the liquid as needed.

- **Chicken** – Bones, skin and carcass of 1 medium chicken – either fresh or left over from a roast, 1 large onion, 1 large carrot, 1 stick celery, 2 bay leaves, handful of parsley stalks, 1 tsp peppercorns.

Chop the vegetables as above and place in a large pan with enough cold water to cover. Bring to the boil, skim off any scum and simmer for 2 hours. Strain as above and chill. Fat can then be skimmed off the surface before using.

- **Beef** – about 1kilo of beef bones – ask the butcher to cut them up if they are very big. 1 large onion, 1 large carrot, 1 stick celery, 1 tsp peppercorns, 2 bay leaves, handful parsley stalks, small handful thyme.

Place the beef bones in a large roasting tin, chop the carrot & celery, quarter the onion, keeping the skin on. Put into the roasting tin with the bones, drizzle with a little oil and mix to coat with the oil. Roast at 200C/Gas6 for about an hour. Transfer to a large pot, cover with cold water, add the parsley, thyme & peppercorns. Bring to the boil, skim any scum off the top and simmer for about 4 hours. Strain as above, cool, refrigerate and remove any fat from the surface before using.