

LEVEL: SIMPLE

MAKES 1½
QUARTS/LITERS

INGREDIENTS

2 tbsp. extra virgin olive oil
2 carrots, chopped into
⅔-inch-thick (1-cm-thick) rounds
1 onion, finely chopped
3 garlic cloves, finely chopped
2 celery stalks, chopped into
⅔-inch-thick (1-cm-thick) slices
1 tbsp. thyme leaves
2 tbsp. finely chopped parsley
1 tbsp. coarse salt
1 qt. (1l) water

VEGETABLE STOCK

DIRECTIONS

Heat olive oil in a wide saucepan. Add carrots, onion, garlic, celery, thyme, and parsley and sauté over high heat until slightly softened. Add salt and cook for another 2 minutes. Add the water to the saucepan, bring to a boil, then reduce heat to low. Simmer for 40 minutes, remove from heat, and strain stock. Stock can be frozen in small airtight containers or in an ice cube tray for small, easily portioned amounts.

LEVEL: SIMPLE

MAKES 1 – 1½ CUPS
(¼ – ⅓ LITER)

INGREDIENTS

2lb. (approx. 1 kg) bones from
fresh fish
1 thinly sliced carrot
1 leek, chopped
1 onion, chopped
3 sprigs of thyme
1 tsp. salt
1 tsp. chopped fresh green chili
1 head of garlic, halved
1 glass white wine
Half a lemon

FISH STOCK

DIRECTIONS

Place the fish bones in a large saucepan. Add the vegetables, thyme, salt, chili, garlic, and white wine and bring to a boil. Add water to 1¼ in. (3cm) above the vegetables. Add the lemon half and return to a boil. Reduce heat to low, and simmer gently for 1 hour. Strain the stock, divide into small portions, and freeze.

