

Vegetable Stock

Description:

Serving Size: 50 Liters

Categories:

Cost Per Serving	
\$	0.55

Amount	Measure	Ingredient	Preparation Method	Product No.
0.4	lt	Vegetable oil		20-100001608
6	kg	Onions	peeled, chopped	20-100000835
2	kg	Leeks	chopped	20-100000820
4	kg	Carrots	peeled, chopped	20-100000811
4	kg	Parsnips	peeled, chopped	20-100000862
4	kg	Celery	chopped	20-100000813
2	kg	Tomatoes	chopped	20-100000861
0.1	kg	Garlic cloves	crushed	20-100000817
0.005	kg	Bay leaves (5)		20-100001270
0.05	kg	Thyme		20-100000886
0.004	kg	Whole cloves (4)		20-100001280
60	lt	Water		

Method of Preparation:

- Heat the vegetable oil in a medium heated stock pot or tilting pan.
- Sweat (cook without color) the onions, leeks, carrots, parsnips and celery in the vegetable oil until starting to soften.
- Add garlic and sauté until all translucent.
- Add water, tomatoes, bay leaf, thyme, whole cloves and simmer for 45 minutes.
- Remove scum as it accumulates.
- Skim, strain through cloth, pressing on vegetables to release as much liquid as possible.
- Cool and store properly.

Note:

- This stock is used primarily for vegetarian and fish items. Bell peppers should never be added to vegetable stocks