

VEGETABLE STOCK



Rosie's Preserving School
PRESERVING PRESERVING

Equipment List

Large bowl

Sharp knife

Peeler, if liked

Chopping board

Tablespoon

Spatula

Teaspoon

Food processor

The recipe makes makes approx 2 x 500ml clip top jars

Don't stress about getting the equipment right or if you don't have certain bits of kit - there is always a way round it! The workshops will be relaxed and there is almost nothing you could come up with that hasn't been solved before - the aim is to enjoy it!

Rosie



Ingredients

Mixed vegetables – leeks, garlic. 1000g/2 lbs
carrot. Broccoli stalks, sweet
potato, celery, herbs, ginger- any
combination that you have or like
Do not peel

Rock salt 250g/4oz

Method

Remove any spoiled outside leaves or bruised/marked parts

Wash the vegetables thoroughly

Chop evenly by hand

Blitz in small batches with some of the salt in each batch

Put into the bowl as you prepare each batch

When all is blitzed stir to combine the batch evenly

Put into the jars and press down to expel any air pockets

Can be stored on the shelf without refrigeration

To use:- dilute 2 heaped teaspoonfuls in a jug with hot water
and use as a stock base for soup or gravy

Contains less salt than commercial stock cubes

By including the peel you are retaining as much of the
nutrients of the vegetables as possible.

Any combination can be made with whatever is available

For more delicious recipes and inspiration visit
<https://recipes.rosiemakesjam.com>