

How to Make Stock

Making stock at home from leftover food scraps is easy! Simply save your scraps from cutting or peeling and freeze until you have enough to make a big batch. It's a great way to reduce food waste and control the sodium content in your recipes.

Basic Vegetable Stock Ingredients:

- Onion
- Carrot
- Celery
- Mushrooms, fresh or dried
- Tomato
- Bell Pepper (flesh only)

Optional Flavor Enhancers:

- Bay Leaves
- Black Peppercorns
- Herbs and Stems such as Parsley and Thyme
- Garlic
- Shallot
- Scallions/Green Onion
- Leeks
- Fennel

Ingredients to Avoid:

- Fruits
- Hot or Bell Pepper core, stem, or seeds
- Avocado
- Broccoli
- Brussels Sprouts
- Cauliflower
- Cabbage
- Artichokes
- Turnips
- Spoiled Veggies

Make it Meaty:

You can make a chicken, beef, fish, seafood, or veal stock just by adding bones. For even more flavor, you can roast the bones in a 450°F oven for about an hour before adding them to the pot with your veggies and water.



Basic Method for Making Vegetable Stock:

1. Coarsely chop all the vegetables – you don't need to peel. Place the vegetables (and any optional add-ins) in a pot big enough to hold them, plus a few extra inches of water.
2. Cover the vegetables with water. Less water will make a more concentrated stock; more water makes a lighter-flavored stock. Set the pot over medium-high heat and bring it to a boil, then reduce the heat to medium-low and simmer.
3. Simmer for at least an hour. This isn't an exact science, but one hour is generally enough time to infuse the stock with flavor, but you can simmer it longer depending on your preference! Stir the stock occasionally to circulate the vegetables and make sure the pot still has enough water, adding more as needed.
4. Once the stock is deep in color and rich in flavor, take the pot off the stove and set a fine strainer (mesh is preferable) over a big bowl or another pot. Pour the stock through. Use a spoon or ladle to press the solids to extract all the liquid.
5. If you are not planning to use it immediately, divide the stock into storage containers, cool completely, label and then freeze for up to 3 months.