

VEGETABLE STOCK

Ingredients

- 1 large onion, peeled and halved
- 1 carrot, peeled and split lengthways
- 1 clove garlic, smashed
- 2ltrs hot water
- 1 stalk celery, cut into 3-4 lengths
- 1 handful fennel fronds, washed
- 3 fresh bay leaves
- 1 handful fresh herbs, washed

Prepare all vegetables.

In a large pot, sauté onion, carrot and garlic gently for about 5mins.

Add water to pot and bring to the boil.

Reduce heat to simmer and add remaining ingredients.

Season well with salt and pepper.

Cook for 30 mins and then strain stock for use and discard vegetables to compost.