



LITTER FREE DORSET

LAND, COAST & SEA



EASY NO WASTE VEGGIE STOCK

#LOVEFOODHATEWASTE

#TASTEITDONTWASTEIT

EASY NO WASTE VEGGIE STOCK

Vegetable peelings and scraps contain plenty of antioxidants, minerals and vitamins. Why not use them to make something delicious?



Prep time 2 mins

Cook time 40 mins

Ingredients

- Vegetable scraps **see below for suggestions*
- Herbs of your choice (*bay leaves, rosemary or thyme on the stem*)
- **1/2 tsp** Peppercorns
- Pinch of salt

***Add:** *onion skins, garlic skins, carrot peelings, celery tops, fennel end, squash peel and parsnip peel. (Adding potato peels will thicken)*

Avoid adding: *Brussel sprouts, broccoli, cauliflower, citrus*

1. Collect vegetable scraps and place in a bag in the freezer. Keep adding scraps until you have enough to make your stock

2. Take your vegetable scraps from the freezer. Add them to a large pot and add enough water so the scraps just start to float

3. Add a generous pinch of salt, peppercorns and herbs of your choice to the pot

4. Bring the pot to a boil and then reduce to simmer for 40 minutes to 1 hour

5. Strain the stock using a sieve. Let it cool and store in an airtight container in the fridge for up to 5 days or freeze it

Chef's Tip

You can use this stock to make soup or stews. You can even use up leftover meats and vegetables in your soup or stew too