

# VEGETABLE STOCK

## Italian recipe



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**Preparation :** 10 min - **Resting :** - - **Cooking :** 1 h 30 min - **Equipment :** -

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**Ingredients :** 6 people

- 1,5 litres water - 2 carrots (200 g) - 1 celery stick - 2 onions - 2 cloves - 1 bay leaf - Salt & pepper

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1. Wash and peel the vegetables, cut into chunks and place in the bowl with the herbs and water. Run the STEAM programme for 90 minutes.

2. Strain the stock, but do not discard the vegetables, as they can be used to make soup or served cold in a salad, dressed with a little olive oil. The stock will keep in the fridge for 3 days.

**Chef's tip :**

Homemade stock is extremely easy to make and can be used in a wide range of dishes, including risottos, roasts and stews. Extremely rich in vitamins and mineral salts, it is a healthy alternative to shop-bought stock cubes, which can contain artificial preservatives and high levels of monosodium glutamate.

Cook Expert ■