

QUICK BASIC CLEAR VEGETABLE STOCK

F EASY

Last Modified: 09/05/2014

PREP: 15 Min
COOK: 2 Hrs
PRESSURE COOKER

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MAKES 3 QUARTS

QUA	MEASURE	INGREDIENT	PROCESS
2	Tbsp	Olive Oil	
3	Cloves	Garlic	Minced
4	Medium	Yellow Onions (Peeled)	Diced
3	Large	Carrot (Scrubbed)	Diced
5	Stalks	Celery	Diced
6	Sprigs	Fresh Rosemary	
10	Sprigs	Fresh Thyme	
1	Tsp	Kosher Salt	
1/2	Tsp	Ground Black Pepper	
20	Whole	Black Peppercorns	
8 +/-	Cups	Cold Water	To Cover

PREPARATION

FACTOID	This is a Vegan Vegetable Stock that will be very clear, with a very nice flavor. If you have extra Veggies that need using up like Cauliflower, Cabbage, Green Beans, Broccoli, etc. throw them in the pot too for their extra added flavor.
FACTOID	STOCK VS BROTH: Technically, Broths are made using Meat and Stocks are made using Bones. Unfortunately, the Commercial Supermarket canned or boxed versions use very little Meat or Bones. They achieve their "heartiness" from the addition of Glutamates and Nucleotides - Homemade IS for certain the way to go.
FACTOID	REMEMBER: Boiling a Stock during cooking will create a deeply clouded Stock. A low simmer (bubbles just barely breaking the surface) will create a relatively clear Stock.
TOOLS	EQUIPMENT YOU WILL NEED: 1) 6.5 Qt Electric Pressure Cooker 2) Rubber Spatula 3) Fine Wire Strainer 4) Large Mixing Bowl
PREP	DISH 1) Mince the Garlic Cloves and set them aside. 2) Dice the Yellow Onions and set them aside. 3) Dice the Celery and add it on top of the Onions. 4) Dice the Carrots and set them aside.
1	Set the pressure cooker to the brown setting, Add in the Olive Oil, Onions and Celery and cook until the Onions become transparent. Browning them will create a darker colored Stock. Add in the Garlic and cook it until you can smell the Garlic.
2	Add the remaining ingredients in the pressure cooker and fill it with cold water until the cooker is 3/4 full. Lock the lid on and cook it on high pressure for 40 minutes. Turn off the pressure cooker and let the pressure drop naturally, about 20 minutes more. Do NOT quick release the pressure.
3	Remove the lid. Pass the Vegetable Stock a ladle at a time through a fine wire strainer over a large mixing bowl. Press on the solids to release the excess moisture. Discard the solids.

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If you will be refrigerating or freezing the Vegetable Stock for later use: Allow the Stock to cool and place the Stock in airtight plastic containers. You may refrigerate it for up to 3 days or freeze it for 3 months. Thaw it completely in the refrigerator before using.