

VEGETABLE STOCK GF DF Low

Gluten Free, Dairy Free, Low chemical

Makes ~12 cups

Ingredients:

12-14 cup water
400g Swede
3 cloves garlic
3 celery stalks
1 large leek
½ cup parsley
1 Tbsp rice bran oil
1 tsp salt
Large pot with a lid



Method:

- Use the biggest stove pot that you have and adjust the water to fit
- Peel the swede and chop into large pieces
- Peel the garlic and crush the cloves
- Wash the celery stalks and chop into large pieces
- Dice the leek into 2 cm rounds
- Heat the oil in the pot over a medium heat and add the vegetables, stirring often
- Cook for 5-8 minutes, or until they are a light golden colour
- Cover with the water
- Place the lid on the pot and bring to the boil
- Decrease the heat and simmer, partially covered for 1 hour, or until the vegetables are very soft
- Strain the stock
- Set aside to cool and then transfer to an air-tight container

Suggested uses:

- Mash potato
- As a liquid in stir fries
- To cook rice or risotto
- In noodle dishes: see low chemical recipe, free from gluten & dairy; lite bites and lunches; Combination Elimination Soup
- Freeze excess in small containers to defrost when required