

FRENCH VEGETABLE STOCK

The Recipe

<https://cuisinedaubery.com/recipe/vegetable-stock/>

French Vegetable Stock

Skill: Easy Level

Cuisine: French Cuisine

Courses: Base, Savory Base, Stock, Vegetable Stock,

Ingredients

For 1 L of Stock

1 Carrot

1 Onion

2 Shallots

3/4 Cup Leeks (100 grams)

1/3 Cup Celery (40 grams)

some Parsley A few Stems

2 Garlic Cloves

3 Tablespoons Butter (40 grams)

1/2 Cup White Wine (100 grams)

5 1/3 Cups Water (1.2 Liters)

*Optionally

1 oz Mushrooms (30 grams)

For 750 Milliliters of Stock

3/4 Carrot

3/4 Onion

1 1/2 Shallots

1/2 Cup Leeks (75 grams)

3 Tablespoons Celery (30 grams)

some Parsley A few Stems

1 1/2 Garlic Cloves

2 Tablespoons Butter (30 grams)

1/3 Cup White Wine (75 grams)

3 1/2 Cups Water (0.8 Liter)

*Optionally

FRENCH VEGETABLE STOCK

0.79 oz Mushrooms (22.5 grams)

For 500 Milliliters of Stock

1/2 Carrot

1/2 Onion

1 Shallot

1/2 Cup Leeks (50 grams)

2 Tablespoons Celery (20 grams)

some Parsley A few Stems

1 Garlic Clove

1 Tablespoon Butter (20 grams)

4 Tablespoons White Wine (50 grams)

2 2/3 Cups Water (0.6 Liter)

*Optionally

0.52 oz Mushrooms (15 grams)

Steps

1. Peel the veggies. In other recipes, they even recommend to not peel them, but I strongly recommend to do it (to remove the dirt)
2. Dice into big chunks the Carrot (1), the Onion (1), the Shallots (2), the Leeks (3/4 Cup or 100 g) (the white part), the Celery (1/3 Cup or 40 g), the Parsley and the Garlic Cloves (2)
3. You may use other vegetables, such as Tomatoes, Fennel, etc...
4. As mentioned earlier, I usually don't like to add the Mushrooms (1 oz or 30 g)
5. In a large pot, melt the Butter (3 Tablespoons or 40 g), and add in the vegetables
6. Stir
7. Pour in the White Wine (1/2 Cup or 100 g)
8. Cook until the white wine has reduced
9. Pour in the Water (5 1/3 Cups or 1.2 Liters)
10. Cook on high heat until boiling point
11. Once boiling, lower the heat and cook on low heat
12. Cook with the lid on
13. Cooking time is approx. 30 minutes
14. Take the pot off the stove. Pour the stock through a strainer over a big bowl
15. Let the stock cool down and store in the fridge
16. After it has cooled down, the fat has solidified on top of the bowl. It is then easier to "scrape" with a spoon to discard the fat