

Vegetable Stock Paste

This vegetable stock recipe is originally a Thermomix recipe, and it is a fantastic paste to have in your fridge. I know it doesn't look very appealing but it flavours a wide variety of dishes and adds more vegetable matter in the process. The ingredients make around 800g and it keeps well in the fridge, or you could keep some in the fridge and freeze the rest.

Ingredients

- 200g celery stalks, cut in pieces
- 2 carrots cut in pieces
- 1 brown onion, quartered
- 1 tomato, halved
- 1 zucchini, cut in pieces
- 2 garlic cloves
- 1 bay leaf
- 2 sprigs fresh basil
- 2 sprigs fresh sage – leaves only
- 2 sprigs fresh rosemary – leaves only
- 8 sprigs continental parsley
- 100g rock salt
- 20g or 1 tbsp olive oil

How to prepare

- Place all the vegetables and herbs in a blender and chop finely
- Put the mixture in a saucepan, add the oil and salt,
- Bring to the boil and simmer for 25 minutes, stirring occasionally
- Pour the mixture back into the blender and blitz until smooth.
- Keep in an airtight container in the fridge.

TIP:

1 tablespoon of this paste is the equivalent of a store-bought stock cube, but so much nicer!!

