

VEGETABLE STOCK

from *The Splendid Grain* by Rebecca Wood

Makes about 5 cups

- 2 onions (keep whole with skin on)
- 3 carrots, scrubbed
- 7 sprigs of parsley
- ½ cup dried white beans
- 2 stalks celery or fennel, washed and rinsed
- 2 bay leaves
- 3 dried shitake mushrooms
- 1 (2 to 4 inches) strip of kombu
- 8 sprigs of fresh thyme
- Assorted vegetable trimmings and scraps (if you have them)
- 8 cups water

Preheat oven to 375 F

Place onions and carrots on a baking sheet. Roast for 75 minutes. Remove from oven and cut in half lengthwise. Put in a stockpot with remaining ingredients. Place over high heat and bring to a boil. Lower heat to a bare simmer. Simmer for at least 2 hours and up to 6 hours. Strain.

May be stored covered in refrigerator for 2 days or in the freezer for 2 months.

