

Japanese Vegetable Stock



Vegan, Laktosefrei

Zubereitung

Zutaten Vegetable Stock (base recipe)

- 2 tbsp oil
- 2 onions, unpeeled, halved
- 1 leek, roughly chopped
- ½ celery stalks, roughly chopped
- 2 tbsp ginger, sliced
- 4 garlic cloves
- 4 shiitake, dried
- 1 chilli pepper
- ½ tsp coriander seeds
- 1 star anise
- 100 ml soy sauce
- 1 tsp sugar
- 1 pinch of salt
- 2 litres of water

Zubereitung Vegetable Stock (base recipe)

In a tall pot, fry the halved onions in oil, cut side down, until they turn black in colour. Add the leek and fry briefly. Add the remaining ingredients and cover with cold water. Bring to the boil and simmer gently for approx. 30 minutes. Remove from the heat and leave to cool with the vegetables in it, then strain.

Tip: The stock is ideal for making ahead and freezing.