



Constance's Stage Left

February 2015

Vegetarian Broth

Ingredients

- 1 large onion-peeled and quartered
- 1 3 inch piece of ginger
- 3 quarts of water
- 1 pound leeks- cleaned and cut in thick slices
- 2 turnips-peeled and cut in thick slices
- 1 pound of carrots-peeled and sliced thick
- 4 dried shitake mushrooms
- 1 head of garlic cut in half
- 2 stalks lemon grass-trimmed, smashed and sliced
- 2 tablespoons raw brown sugar
- 6 star anise pods
- 5 whole cloves
- 1 black peppercorn
- 2-3 inch cinnamon stick
- Salt to taste

Scorch onion and ginger in a dry frying pan till they are black in places on all sides. Combine scorched onion and ginger and the rest of the ingredients in a large pot and bring to a boil. Tie the spices in cheesecloth bag. Reduce the heat and simmer for at least an hour. Strain through cheesecloth lined strainer. Taste and adjust salt and sugar

Now, enjoy! Nuke a few pre-class for a quick energy boost! Pop them into stir fries or other recipes for added flavor and nutritional value.