



Light Vegetable Stock

PAPER & FOOD SERVICE, INC.

Ingredients	Yield: 16 oz.
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- 1/4 tsp. Olive oil, extra virgin
- 1 tsp. Garlic, clove, chopped
- 2 tsp. Shallots, chopped
- 1 oz. Onion, yellow, thinly sliced
- 1 oz. Leeks, sliced (not the greens)
- 1 1/2 oz. Mushroom trimmings, cleaned
- 1/2 oz. Carrots, thinly sliced
- 1/2 oz. Parsnips, thinly sliced
- 1 oz. Celery, thinly sliced
- 1/8 c. Tomatoes, chopped
- 3 c. Water
- 1/8 tsp. Peppercorns, black, cracked
- 1 ea. Bay leaf
- 1/8 tsp. Fresh Thyme
- 1/8 tsp. Fresh Rosemary
- 1/4 tsp. Parsley stems, chopped

Preparation Instructions:

- 1 In a stock pot, heat the olive oil, then add the garlic, shallots, onions and leeks. Cook gently over moderate heat until tender and translucent with the aroma released.
2. Add the mushrooms, carrots, parsnips and celery. Saute until wilted.
3. Add the remaining ingredients and bring to a boil. Skim, then reduce the heat and simmer for 45 minutes, covered.
4. Strain the stock. Properly cool and store refrigerated, if not being used immediately.

Ingredients		Maines Product Code #	Amount	Ingredient Cost
Olive Oil, extra virgin	Gem	370864	1/4 tsp.	\$0.04
Garlic, clove	Markon	097210	1 tsp.	\$0.02
Shallots	Fresh	097737	2 tsp.	\$0.04
Onions, yellow	Markon	097504	1 oz.	\$0.02
Leeks	Fresh	097333	1 oz.	\$0.03
Mushrooms	Fresh	097409	1 1/2 oz.	\$0.16
Carrots	Fresh	097094	1/2 oz.	\$0.02
Parsnips	Fresh	097535	1/2 oz.	\$0.03
Celery	Markon	097135	1 oz.	\$0.04
Tomatoes	Markon	097785	1/8 c.	\$0.12
Water	N/A	N/A	3 c.	\$0.00
Peppercorns, black	Culinary Secrets	345617	1/8 tsp.	\$0.03
Bay leaf	Culinary Secrets	345100	1 ea.	\$0.02
Fresh Thyme	Fresh	097302	1/8 tsp.	\$0.12
Fresh Rosemary	Fresh	097287	1/8 tsp.	\$0.12
Parsley	Fresh	097531	1/4 tsp.	\$0.03

Recipe Cost \$0.84