



Homemade vegetable broth

You can make broth using any amount of vegetables that you happen to have on-hand, but it's good to have a roughly equal portion of each so the result will have a balanced flavor. And the amount of water doesn't really matter. Less water makes your stock more concentrated, while more water makes a lighter-flavored stock. Here's what I used this time.

2 onions
3 carrots
5 celery stalks
2 leeks (the green parts)
1 fennel bulb
2 parsnips (or parsley roots)
1 bunch of fresh thyme
1 bunch of fresh parsley
2 bay leaves
1 tsp whole peppercorns
olive oil or other oil of your choice
water
sea salt

- 1) Wash any visible dirt off the vegetables (peel the roots if you like) and chop them up roughly. Sweat the vegetables in a small amount of olive oil on low heat for about 6-7 minutes. This step can be skipped, but it does release more flavour.
- 2) Cover the vegetables with water. But not too much - make sure there's enough room so you can easily stir them in the pot. Bring the pot to just under a boil. Once you start to see some bubbling around the edges of the pot, turn the heat down to medium-low and simmer for about an hour. Just give it a good stir every now and then.
- 3) Take the pot off the stove and remove all the vegetables with a slotted spoon. Set your strainer over a big bowl and line it with cheese cloth or coffee filters. Pour the broth through.
- 4) Season the broth with salt and pepper and serve with finely sliced buckwheat pancakes.

Buckwheat pancakes

makes 12-15 pancakes

1 cup (90 g) buckwheat flour
1/2 cup (50 g) brown rice flour
3 cups (720 ml) unsweetened almond milk (or milk of your choice)
3 large eggs
2 tbsp rape seed oil
pinch of sea salt

- 1) In a large mixing bowl mix all ingredients and whisk until you have a smooth batter.
- 2) Cover the bowl with cling film and place in the fridge for at least 30 minutes. Give the batter a good whisk before frying the pancakes as the flour tends to sink to the bottom.
- 3) Heat a non-stick pan or an oiled pancake skillet and fry the pancakes on medium-high heat.
- 4) Place the pancakes on a plate to cool and when ready to serve with the broth, just roll them up and slice very thin strips.