

Homemade broth

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Ingredients

- Onions
- Garlic
- Carrots
- Celery, leeks, paprika, other favorite, preferably firm vegetables (chicken, parsley roots, celery roots)
- Black pepper, bay leaves, herbes de Provence or other favorite dried herbs
- A little oil
- Bones and trimmings of meat or fish
- Water to cover

Instructions

- 1.** If you have one, cook everything in a pressure cooker. Broth is tastier the more flavor, nutrients and aromas are absorbed into the liquid, and this takes time. The longer you cook, the tastier. Cooking in a pressure cooker not only speeds up the process, but no goodness evaporates, all the aromas remain in the pot.
- 2.** Cut all the vegetables you are going to cook as small as possible. Much finer than you would normally cook in a soup. We don't need the vegetables to stay tasty, they just have to give everything to the broth. Cut the onion, garlic, carrot, other vegetables you have. Suitable for leeks, celery, other favorite root and firmer-textured vegetables. Save tomatoes, zucchini, potatoes and other fast-cooking vegetables for soup.
- 3.** Heat the oil in the bottom of the pressure cooker and fry the spices and vegetables, stirring every time. First, add black pepper, a few bay leaves, Herbes de Provence or other dried herbs you like, and when the aroma spreads, add the onions and lightly caramelize them.
- 4.** Then fry until carrots, peppers (if you are boiling) start to turn yellow, and add bones, pieces of meat, everything from which you will make broth.
- 5.** Add water to cover and boil.
- 6.** We start cooking according to the instructions for cooking grapefruit, i.e. we cover it, then we wait for the pressure to build up, then we reduce the heat to minimum and let it cook for a long time. For a few hours at least, and sometimes longer.

7. When the meat that boils in the broth becomes completely tasteless, it means that everything has already been given away.
8. We turn it off and leave the pot to cool. This preserves all the aromatic substances.
9. A well-boiled broth is clear and does not need to be clarified in any other way.
10. When the broth has cooled to room temperature, strain it carefully, without shaking the pot too much so as not to disturb the sediment. We divide the broth into ziplock freezer bags, write down the date of production, what kind of broth it is, and freeze it in the freezer.



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