

Source: <https://julskitchen.substack.com/p/channel-the-italian-waste-not-spirit>

Vegetable Scraps Stock

Use this waste-not vegetable stock to make risotto, start soups and stews, and poach chicken.

Makes 3 quarts

- 6 quarts/6 liters water
 - About 2 pounds/1 kg mixed vegetable scraps
 - 2 ounces/60 grams Parmigiano Reggiano rind
 - 1 tablespoon coarse sea salt
1. Fill a large stockpot with the water. Add the vegetable scraps and the Parmigiano Reggiano rind. Bring the water to a boil over medium-high heat.
 2. When the water begins to boil, add the salt to the pot, reduce the heat to low, and simmer for three hours, until the stock has reduced to half of the initial amount.
 3. Strain the stock into a large clean pot and season to taste with more salt. If you don't plan to use the stock right away, let cool to room temperature, then refrigerate.