

Magic Mineral Broth

(Adapted from One bite at a Time by Rebecca Katz pg. 13)

Homemade all vegetable stock with an unbeatable flavor rich in vitamins and minerals.

Makes about 6-7 quarts

Ingredients:

6 unpeeled carrots, cut into thirds
2 unpeeled medium yellow onion
1 leek, both white and green parts, cut into thirds
1 bunch celery, including the heart cut into thirds
5 unpeeled cloves of garlic, halved
½ bunch fresh flat-leaf parsley
4 medium red potatoes with skins on, quartered
2 Japanese or regular sweet potatoes with skins on, quartered
1 Garnet yam with skin on, quartered
1 (8inch) strip of kombu
2 bay leaves
4 whole allspice or juniper berries
1 tablespoon sea salt

Additions optional: dried shiitake mushrooms, burdock root, astragalus chip

Method of preparation:

Rinse the entire vegetables well, including the kombu. In a 12-quart or larger stock pot, combine all ingredients, except the salt. Fill the pot to 2 inches below the rim with water, cover and bring to a boil.

Skim the scum that forms on the top.

Remove the lid, decrease the heat to low, and simmer for a minimum of two hours. As the stock simmers, some of the water will evaporate; add more if the vegetables start to peak out.

Simmer until the full richness of the vegetables can be tasted. Add the salt and stir and let simmer for 5 more minutes.

Strain the stock using a large coarse-mesh strainer.

Bring to room temperature before refrigerating or freezing