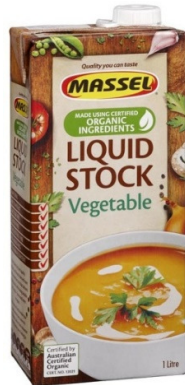


VEGETABLES STOCK



Ingredients (yields 4 liters):

- 75 g vegetable oil such as corn or sunflower
- 150 g onion
- 150 g leek
- 75 g of celery
- 75 g of cabbage

- 50 g of tomatoes
- 50 g of fennel bulb
- 6 liters of water
- 1 bay leaf
- 2 cloves
- 1 sachet d`epicés (tied with parsley, thyme, bay leaves and peppercorns)

1. Clean vegetables and cut into large cubes.
2. Heat the vegetable oil and add the onion.
3. Add the other ingredients and fry over low heat.
4. Don't let it burn.
5. Cover with water, add the sachet d`èpicés, and simmer for 1 and ½ hours.
6. Do not stir, do not salt, do not cover and skim the impurities when necessary.
7. After the end of cooking strain the stock.
8. Use or cool and label properly and bring to freezer.