

# Stock

**Country of origin: England**<sup>1</sup> The basis for soups and sauces.

Stock is flavoured liquid.

## 1. Vegetable stock.

Collect together the cooking water from carrots, potatoes, parsnips, peas, corn, etc.

Seal in a jar and refridgerate. Use within 24 hours or so.

## 2. Chicken stock

Bring to the boil, cover, and simmer for 2 hours, adding more water if needed.

Strain and allow to cool in a bowl.

Refridgerate and use within 48 hours or so.

## 3. Desperate stock

Fill the kettle and put it on to boil.

Crumble an oxo cube into a bowl and cover with boiling water.

Stir.

Use.

(Anyone who does not admit to occasionally getting desperate has never cooked for real).

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<sup>1</sup><http://www.fairtradecookbook.org.uk/countries/england.htm>