

Vegetable Broth

© Janet Fletcher / Planet Cheese

www.janetfletcher.com

This excellent recipe is from [Rosetta Costantino](#). We tested it together for *My Calabria*, the book I co-write with her, but it got cut from the book for space reasons.

Ingredients

- 2 leeks
- 3 tablespoons extra virgin olive oil
- 1/2 pound celery, preferably inner ribs, including leaves, coarsely chopped
- 3 large carrots, in 1-inch chunks (no need to peel)
- 1 large onion, coarsely chopped
- 1/2 fennel bulb, coarsely chopped
- 2 cloves garlic, peeled and crushed
- 8 to 10 sprigs parsley
- 2 tablespoons kosher salt

Directions

Remove the root ends of the leeks but leave the green tops attached. Cut the leeks in half lengthwise and rinse well under running water to remove any dirt that may lodged between the layers. Chop coarsely.

Heat the olive oil in an 8-quart pot over high heat. Add the leeks, celery, carrots, onion, fennel, garlic, and parsley and sauté, stirring often, until the vegetables begin to brown, 10 to 15 minutes. Add 4 quarts cold water and the salt. Bring to a boil, then reduce the heat so that the broth remains at a steady simmer, not a vigorous boil. Cook until the broth has an intense vegetable flavor, about 1 hour. Let cool in the pot, then strain through a fine sieve, pressing on the solids with a wooden spoon to extract all the liquid.

Makes about 2-1/2 quarts