**Leek Vegetable Stock**

**Makes approx. 1 litre of stock**

**Stock ingredients**

* 1 tbsp of rapeseed oil
* 2 tbsp of margarine (vegan, dairy-free), or butter
* 1 small onion, finely sliced
* Leek leaves, finely sliced – about 6 tbsp
* 1 stick celery, finely sliced
* 1 medium carrot, finely sliced
* 1 clove garlic, halved
* Water
* 2 bay leaves
* 4 sprigs of fresh thyme
* Small handful of fresh parsley
* 1/2 tsp crushed black peppercorns

**Stock Method**

* In a large saucepan heat the oil and margarine or butter over a low heat.
* Add all the chopped vegetables and cook gently until they have sweated down, and starting to colour – approx. 10 minutes
* Add enough water to just cover the vegetables by a few centimetres.
* Bring to the boil then, using a ladle, remove the top layer of scum which rises to the top of the pan.
* Turn down the heat to a very low simmer.
* Add bay leaves, thyme, parsley and the crushed peppercorns.
* Gently simmer on the lowest heat for approx. 1 hour. Top up with water if it is getting too dry at any point.
* You can keep the stock for 3–5 days in the fridge, or freeze it for up to 6 months