

## Stocks

***Add left over roast chicken, lamb or beef pieces or fish for a more flavoursome stock. Nearly anything can be added to a stock. Stock is the base for most soups and can also be used in casseroles and stews.***

*½-1 litre water*

*1-2 sticks celery, including leaves*

*6 peppercorns*

*1 carrot, roughly chopped (optional)*

*1 onion, chopped (optional)*

*chicken stock powder or packaged liquid stock*

*1-2 bay leaves*

*parsley*

*any other of your favourite herbs*

If using onion, fry onion in a little butter or oil and sauté in a large saucepan. Add water and stock or stock powder and other ingredients. Bring to the boil. Reduce heat and simmer for 30 minutes to several hours – generally the longer it cooks the more concentrated the flavour will be.