

## Souper mix / Bouillon végétal

Thanks to Pam Corbin's *Preserves, River Cottage Handbook No 2*

Ever wondered if all your soups taste the same? Try making this vegetable bouillon or stock - every time you make it, it's going to be slightly different, as the season's likely to be different. Great for soup, risotto or sauce. Preparing your own stock from scratch is easy enough - but it does take time, so an instant home-made alternative is more than welcome, particularly as the choice of vegetable bouillon powders and stock cubes on the market is pretty limited. This is a concentrated paste of fresh vegetables simply preserved with salt. It's quick, easy to make, economic, you know *exactly* what you are eating, ie, no e-numbers and the stock it produces is delicious.

Okay. You can use just about any herb or vegetable you like - the important thing is that they are fresh and taste as *vegetabley* as possible. Preferred ingredients are shown below, but you can also use young turnips, shallots, celery, swede, beetroot or peppers, as well as bay, thyme, lovage or mint - almost anything, really. Bear in mind that the character of the stock will vary depending on the ingredients you choose.

The following are prepared weights, ie, the ingredients are washed, trimmed and peeled (where necessary).

Makes 3 x 340g jars

**250g leek/poireau**

**200g fennel/fenouil**

**200g carrot/carrotte**

**250g celeriac/célerie ravi**

**50g sun dried tomato/tomates sèches**

**2-3 garlic cloves/gousses d'ail**

**100g parsley/persil**

**100g coriander/coriandre**

**250g salt/sel**

Simply put all the ingredients into a food processor and blend together (you might need to do this in two batches, depending on the size of your processor). The result will be a moist, granular paste. Spoon into sterilised jars and seal with vinegar-proof lids.

Keep one jar in the fridge for easy reach. The rest can be stored in a cool, dark, dry place. Use within six months.

To use the mix, just stir about 10g (2 teaspoon/petit cuillère) of it into 500 ml hot water.