

Southeast Asian Vegetable Stock

Moosewood Restaurant Low-fat Favorites

1 onion, peeled and sliced
6 garlic cloves, peeled
2 celery stalks, chopped
2 medium carrots, peeled and sliced
3-inch pieces of fresh ginger root, sliced
1 fresh lemongrass stalk, chopped (or 2 Tbs. dried)
2 tablespoons coriander seeds
1 tsp. black peppercorns
1 bay leaf
1 star anise (or ½ tsp. anise seed)
9 cups water

Combine all of the ingredients in a large stockpot and bring them to a rapid boil. Reduce the heat and simmer, covered for 45 minutes. Strain the stock through a colander or sieve, pressing as much liquid as possible out of the vegetables. Discard the vegetables and spices.