

# LUKAS VOLGER

## Emma Zimmerman's Vegan Bone Broth

The genius of adding a generous dose of whole, hardy oats, which are rich with natural oils, to a pot of broth is that it gives broth backbone, for lack of a better word, which can be challenging to achieve otherwise. Here I've combined Emma Zimmerman's method with one I picked up from Deborah Madison years ago, of quickly steam-sautéing the vegetables before adding the water, which I think awakens the flavors (or at the very least creates a more aromatic experience). Sip this on its own, with plenty of fresh cracked pepper, or use it as a building block for soups, stews, and anywhere else you might need stock. I also urge you to lean in to using whatever vegetable pairings you prefer in your stocks and broth, as I have below, and definitely make use of the scraps you've got on hand.

Adapted from [The Miller's Daughter](#) by Emma Zimmerman

*Makes about 2 quarts*

2 tablespoons olive oil

1 cup whole [oat groats](#)

Trimming from 1 large or 2 small leeks (dark green ends, root ends, anything else you don't use)

4 medium or 2 large carrots, cut into chunks

3 long celery stalks, cut into chunks

A handful of mushroom stems

5 or 6 woody asparagus end trimmings

2 or 3 big garlic cloves

5 black peppercorns

Salt, to taste

Place a stockpot over medium heat and when warm, add the olive oil and stir in the oats. Toast for 2 to 3 minutes, until fragrant, then add all the remaining ingredients. Stir to coat, then cover and allow the vegetables to steam for a few minutes, until vibrantly colored. Then add the water, raise the heat to bring it to a boil, then lower the heat to a gentle simmer and allow the broth to cook for 60 to 90 minutes, until the flavors intensify. Season generously with salt — I start adding it about halfway through the cooking and then continue adding pinches for the remainder of the cooking time, until fully flavorful.

Strain out the solids then serve hot. Once cooled, divide between airtight jars and store in the refrigerator for up to 3 days, or in the freezer for up to 3 months.