

LUKAS VOLGER

Vegetable Broth for Sipping

Makes about 3 quarts

Splash olive oil

2 teaspoons tomato paste

3 medium carrots, cut into chunks

1 large or 2 medium onions (white or yellow), quartered

3 celery stalks, cut into chunks

1 cup mushroom stems (shiitake, button mushrooms, crimini—whatever you've got)

Seeds from a winter squash (and peels, if you have them)

Small wedge of cabbage or a cauliflower core (a little cruciferous veg goes a long way)

3 garlic cloves, smashed

3-inch piece ginger, cut into chunks

Stems from 1 bunch of parsley

Two 4-inch pieces kombu

1/4 cup dulse flakes

1/4 cup dried shiitake or maitake mushrooms

5 whole peppercorns

Stems from 1 bunch cilantro

Salt

Apple cider vinegar, for serving

Cilantro or parsley leaves, for serving

Heat the oil in a stock pot or Dutch oven over medium heat. Add the tomato paste and fry it for a few minutes, until fragrant and it darkens a shade. Then add everything from the carrots through the peppercorns, and about 4 quart water (this is what will accommodate a Dutch oven—you could add more water in a stock pot). Raise the heat and as soon as it starts coming to a boil, turn it down to a simmer and let it gently bubble away for about 2 hours, tasting and adding salt as you go (start with a heaping teaspoon and go from there). It should have a “good rich flavor”! Remove from the heat and add the cilantro stems. Let steep for at least 30 minutes, or until cool, then strain through a fine-mesh sieve or a cheesecloth-lined colander. (I like the cheesecloth draining because you can gather up the solids in the cheesecloth and really wring all the liquid out.) Divide between tupperware containers, then store (once cooled) in the fridge or freezer. It'll keep for 2 or 3 days in the fridge, and for several months in the freezer.

To serve, heat up the broth til steam wafts across the surface, and transfer to bowls or mugs. Add a splash of apple cider vinegar—about a 1/2 teaspoon, not too much—to each serving. Garnish with a few grinds of black pepper and a few leaves of cilantro or parsley if you like.