

The Power of Vegetables! Lucky Peach recipe:

Brown Vegetable Stock

2 pounds yellow onions
1-3 Tbsp vegetable oil
1 pound carrots peeled, cut into 2" pieces
1 pound celery, cut into 2' pieces
1/2 bunch parsley stems (about a cup)
1 Tbsp black peppercorns
3 bay leaves

Peel just the outermost dry brown peeling of the onion, leaving the layers of firmly wrapped brown papery skin attached. Trim away any large dirty roots without piercing through to the onion flesh. Cut the onions in half along the equator and brush the cut surface with oil. Heat a heavy stock pot over medium high heat and place the onions cut side down into the pot. Cook them until they are very brown but not burnt, about 6 minutes. You may need to add a couple drops of oil under the onion if it gets dry as it cooks.

When the onions are pleasantly browned, flip them over and add the carrots, celery and 12 cups of cold water. Bring to a simmer and skim away any foam that collects. Simmer for 20 minutes then add the peppercorns, parsley leaves and bay. Continue simmering another 20 minutes then remove from the heat and let steep 10 minutes. Strain through a fine mesh strainer and discard the solids.