

EASY MUSHROOMS STOCK FROM KITCHEN SCRAPS

Start a freezer bag for scraps to use for making mushroom stock. Whenever you make something with mushrooms, instead of discarding the stems, pop them off and put them in the freezer bag. The more kinds of mushroom stems you have, the better, but shiitake mushrooms are the best in this stock. Leek trimmings, skins and trimmings from onions and shallots, carrot peels and trimmings, and leaves and ends of celery can be added to the bag too. But make sure your bag consists of about half mushrooms. Everything you put in the bag should be clean—nothing dirty, rotten, or moldy. When you're ready to make your stock, combine the frozen scraps with double the amount of water in a large Dutch oven or stockpot. So if you have 4 cups of scraps, add 8 cups of water. You also add a minced clove of garlic or two, a bay leaf, springs of parsley, thyme, or sage, and even some fresh veggies if you like. A splash of red wine is a nice addition too. If you want to make the stock into mushroom broth, just season it to taste with some salt and pepper when it's done cooking. Easy!



Ingredients

2 C. frozen vegetable scraps	2 C. frozen Shiitake (or other mushroom) stems
3 sprigs parsley	1 garlic clove, minced
1-2 Bay leaves	2 fresh Sage leaves
8 C. water	Other fresh herbs like Marjoram or Thyme (optional)

Directions

Combine all ingredients in large stock pot. Bring to a boil, then reduce heat to low. Simmer partially covered for 45 minutes; remove lid and simmer uncovered for 30 minutes

more. Allow stock to cool, then pour it through a fine mesh strainer, or cheesecloth, into a bowl. Press vegetable scraps against the strainer with a wooden spoon in order to extract as much stock as possible. Discard solids in your compost pile and store stock in a plastic container or measure cooking portions into freezer bags (2 cups or 4 cups each).

Notes:

If you want to make stock now and don't have the scraps ready, you can use fresh or dried mushrooms. To make broth, simply season the stock with salt and pepper to taste after it's done cooking. When freezing, lay your bags flat in the freezer for easy stacking and for quicker defrosting. Be sure to mark the date & contents on each one. When ready to use, allow it to thaw in the fridge for 24 hours. Fresh stock will keep a week in the refrigerator, and frozen stock will keep in the freezer several months.



Credit: Angel Miller of 2 Angels Mushroom Farm

Look for more recipes on our website:
2AngelsMushrooms.com