

# Mushroom and Herb Stock

From the Field Roast Cookbook. Makes 14 cups

## Ingredients

2 carrots, roughly chopped	1 sprig rosemary
1 yellow onion, roughly chopped	4 sprigs thyme
3/4 lb mixed fresh mushrooms, roughly chopped	3 sprigs oregano
1 clove garlic, sliced down the middle	4 bay leaves
2 Tbsp tomato paste	1 Tbsp black peppercorns
1 leek, cleaned well and roughly chopped	1 Tbsp sea salt
1 piece kombu	2 Tbsp safflower oil
	14 cups water
	1/4 oz dried mushrooms

1. Preheat oven to 450°F.
2. In a large bowl, combine all the ingredients, except for the water and dried mushrooms. Mix thoroughly to coat with the oil and tomato paste, and arrange on a sheet pan.
3. Roast in the preheated oven, stirring occasionally. The mixture should have begun to caramelize and turn brown.
4. Transfer the mixture to a large stockpot, add the water and the dried mushrooms, and bring to a boil. Lower the heat to medium, cover, and allow to simmer for 2 hours. Remove from the heat, and allow to cool uncovered.
5. When the stock has cooled for about 2 hours, strain out the vegetables and transfer the liquid, to a depth of no more than 2 inches deep, to a large dish or high-capacity container that will fit in your fridge, and chill in the fridge.
6. Once cool, the stock can be frozen in a freezer-safe compartment for 6 months.

