



VEGETABLE BROTH WITH KOMBU

2 litres of water
Kombu Seaweed - 20 cm length
6 dried Shitake Mushrooms (or fresh)
6 carrots
1-2 onion
4-5 garlic cloves
1 large knob of ginger about 10cm
1 leek
1 small bunch celery
2 sweet potato or 1 small pumpkin
1 bunch kale
1/2 bunch parsley

Place all ingredients into a pot, ensure the vegetables are covered with water about 4 cm above. Simmer stock for a few hours (at least 2). Add a little water if its evaporating. The stock should be rich in colour and taste pretty good! Strain vegetables and pop stock into a jar and refrigerate.

Drink in the evening, warm.

Options - add any vegetable or sea vegetable. Dulse Flakes or Wakame also work well. For extra flavour you can always add sea vegetable, coriander on top of broth or a dash of tamari if you need a saltier taste.