

clover food lab

Happy Food Waste Friday!

Last week, Lucia walked us through minimizing food waste the Clover way: lots of labeling, first-in/first-out policy, proper storage, and cross utilizing ingredients.

This week, we're taking it a step further and walking you through how to use your veggie scraps to their fullest potential. To not only reduce waste, but make a delicious and complex veggie stock!

Chris, our Senior VP of Food Systems, is the real star of this issue of Veggie Monster. Chris has been leading the Clover Kitchen since the food truck days. He has a wealth of culinary knowledge and I spent some time with him today to get advice on how to put together the perfect vegetable stock with scraps you've likely been composting (he also added some tips for scraps that work great in salads!)

Vegetable stock is a crucial base ingredient for a ton of recipes! Soups, sauces, and even grains (personally, I exclusively cook rice in stock.) So tune in below and learn how to build your own.



Scraps to Save for Stock

Onions

- Save onion skins!
- Be careful not to use too many as they provide a lot of onion flavor without the sweetness.
- They will also darken your stock. If you'd like to keep a lighter stock for a whiter pureed soup, (cauliflower, parsnips) stay light on the onion skins and add more whole onions.



Carrots

- If using an organic carrot, save the peels and add to your stock. Remember to wash your carrot first before peeling.
- The whole carrot can be used besides the top nub. Dirt can sometimes collect on it.

Celery

- The whole celery can be used in a stock! If you cut off the top and the bottom, save it!
- The leaves can withstand less cooking time so be sure to only use them in quick stocks (~30 minutes).
- You can also use the leaves to brighten up a salad and give it some celery flavor.



Parsnips

- Parsnips might not fall into the scraps category as often as the rest of this list, but they're a great addition to a stock.
- Use the whole thing or save the washed skins if you happen to be peeling one.
- Don't use too many as they can overwhelm a stock.

Parsley

- Parsley stems are perfect in stock! The leaves are called for in a lot of recipes so be sure to save those stems.
- Similar to celery, you can add the leaves too, but only for quicker stocks.



Thyme

- If you have leftover thyme sprigs with the leaves on them, they are perfect thrown in whole.
- You can just add the stems as well, but you'll want to use fewer than you would if they had leaves. They have a more woody flavor without the leaves to balance it out.

Mushrooms

- Save the stems! Make sure they're clean and dry (especially if you're storing them for a couple of days before making stock.)
- They're perfect for adding umami to your stock.



Other Add-Ins:

- Kombu Seaweed
- Salt
- Black Peppercorns
- Bay Leaves



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Clover Food Lab 1075 Cambridge St Cambridge, MA 02139