

Stocks can be used to make soups, stews, casseroles, and congees, and can also be taken alone as a simple broth. The vegetarian stock makes a particularly tasty and nourishing every-day broth.



Warming Beef Marrow Bone Stock	50g red dates (<i>hong zao</i>) 50g black dates (<i>da zao</i>) 30g codonopsis root (<i>dang shen</i>) 20g fresh ginger (<i>sheng jiang</i>) 20g cinnamon twigs (<i>gui zhi</i>) 10g angelica root (<i>dang gui</i>) 6g liquorice root (<i>gan cao</i>) 6g black peppercorns	3 large celery sticks 3 carrots 1 onion a bunch of parsley 4 lb beef marrow bones 1 calves foot meaty beef rib or neck bones
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Put the herbs in a 6 litre stock pot, cover with water and soak for one hour. Roughly chop the celery, carrots and onion and add, along with the beef marrow bones (get the butcher to break them up if possible) and a calves foot if you can get one (also broken in pieces). Hooves are particularly good for creating gelatin. You can also add some meaty rib or neck bones, which add extra flavour if you sear them in fat first.

Fill the pot with water so that everything is covered, but the water is still at least 1 inch below the top of the pan. Bring to the boil, then simmer on a low heat for 12 hours (or up to 72 hours is fine). Skim off any foam that forms on the surface. Add the parsley 10 minutes before the end. Strain the liquid and discard the boiled ingredients. Put in the fridge so the fat congeals on the surface and can be removed for use as dripping.

Vegetarian Stock	100g red dates (<i>hong zao</i>) 100g black dates (<i>da zao</i>) 30g ganoderma mushrooms (<i>ling zhi</i>) 30g codonopsis root (<i>dang shen</i>) 10g angelica root (<i>dang gui</i>) 6g liquorice root (<i>gan cao</i>)	3 large sticks celery 3 carrots 3 sheets kombu seaweed a bunch of parsley 300g dried mushrooms 200g shiitake mushrooms
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Put the herbs in a 6 litre stock pot with all the dried mushrooms and the kombu, cover with water and soak for one hour. Roughly chop the celery and carrots, and add to the pot.

Fill the pot with water so that everything is covered, but the water is still at least 1 inch below the top of the pan. Bring to the boil, then simmer on a low heat for 2-4 hours. Add the parsley 10 minutes before the end. Strain the liquid for use and discard the boiled ingredients.

To make this broth more warming, add any or all of: fresh ginger, cinnamon sticks, black peppercorns, rosemary, or thyme.