



# Rutland, Steady, Cook!

## Rosie Make Jam's Homemade Stock Cube

### Ingredients

Fresh vegetable peelings (not potatoes)  
Salt

### Method

1. Whilst preparing your vegetables for dinner, don't waste the peels! Make sure you scrub the skins well to remove any dirt.
2. Weigh fresh peelings. Divide this figure by 4 and weigh out this figure in salt.
3. Place the peelings and salt together in a food processor and blitz until a smooth paste is formed. Decant into jars - this will last in the pantry or cupboard for up to a year!

**To use, dilute with boiling water - 2tsps to 500ml of water!**

Perfect in soups, risottos and casseroles - no need to add more salt to the pot!

Don't forget to share your own **Rosie Make Jam's Homemade Stock Cube** image on Facebook using **#RutlandSteadyCook**

### Thank you to:

Rosie Makes Jam, Burley