

HOMEMADE VEGETABLE STOCK (BASIC STOCK RECIPE)



Homemade vegetable stock always tastes better, preservative free and cheaper than canned one in stores. The use of vegetable stock can adds flavor and nutrition to many recipes. Making a **basic vegetable stock recipe** is really simple but it is time consuming. All you have to do is add some vegetables to water, after about an hour of simmering, just strain out

the vegetables and the resulting liquid is vegetable stock. Onion, garlic, celery and carrot are the base ingredients to vegetable stock preparation. You can customize this vegetarian stock, by adding any fresh herbs like oregano or dill or basil. Feel free to add vegetable trimmings, such as carrot peelings, potato peelings and other discards.

Basic Vegetable stock is an all-purpose stock that can be used as a soup base or to make sauces, risottos or pilafs. Another variation of making vegetable stock, is to roast the vegetables at 425° F for 45 mins before adding them to water.

Regarding salting to stock, in addition to little salt, I used splash of tamari because it adds a nice flavor and a color. Try this homemade stock recipe at home and let me know how you liked it.

How to make Homemade Vegetable Stock Recipe

Ingredients for Homemade Vegetable Stock

Preparation Time : 10 mins Cooking Time: 1 hr Serves: 5 cups

- 1 Tbsp of Olive Oil
- 1 Red Onion, Roughly Chopped
 - 2 Celery Ribs, Chopped
- 2 Medium Size Carrots, Chopped
 - 8 Cups of Water
- 2 Garlic Cloves, Crushed
 - Few Parsley Leaves
 - 1 Large Bay Leaf
- 1/2 Tsp of Black Pepper
- 1 Tbsp of Tamari or Soy Sauce

Method for Homemade Vegetable Stock

- Heat the olive oil in a large stock pot, in a medium flame, add onion, celery and carrots. Cover and cook until it slightly softened about 5 mins.
 - Add the water, garlic, parsley, bay leaf, peppercorns, tamari and salt to taste. Bring to a boil, then simmer it, uncovered for 1 hour to reduce the liquid, this is to bring out the flavors of the vegetables.
- Strain through a fine-mesh sieve into another pot, press the liquid out of the vegetables with the back of a large spoon.
 - Vegetable stock is ready to use.

Tips

- Store it in an airtight container and keep it in the refrigerator. It will stay good for 3 days.
- Always cook in a low flame, so that flavors of vegetables comes out.
 - Fresh herbs gives you a flavor boost to stock.
 - Adding tamari to stock gives you umami taste.



Tags : [vegetable stock](#), [homemade vegetable stock recipe](#), [homemade vegetable stock](#), [basic vegetable stock recipe](#), [how to make vegetable stock at home](#), [prepare vegetable stock](#), [vegetable broth recipe](#), [vegetable broth](#)

MATAR KACHORI / GREEN PEAS KACHORI

Matar Kachori / Green peas kachori is a fried poori with green peas stuffing. I love to munch hot matar kachori especially the store-bought kachori from Agarwal bhavan in parrys. I used to eat a lot in my college days as my father used to get me kachori every week from Agarwal bhavan.

To **make matar kachori recipe**, you have to make the outer cover with maida or wheat. For stuffing, you need green peas, spice mix and salt. You can make variety of kachori recipe just by replacing with other stuffings like moong dal (khasta kachori), pyaz kachori (onion kachori).

Kachori with green peas is also called as **khasta mattar kachori / mutter ke kachori**, a favourite street food in **northern India**. Enjoy this matar kachori as snack with coriander chutney or tamarind chutney or aloo subzi.



Preparation Time : 30 mins
Time : 30 mins Serves : 12

Cooking

Health Benefits of Peas

- They are low in fat.
- Prevents stomach cancer.
- Anti-aging, strong immune system and energy.

- Prevention of wrinkles.
- Regulates blood sugar levels.

Ingredients for matar kachori recipe

For Pastry

- 2 Cups of Maida (All Purpose Flour)
- 1.5 Tbsp of Oil
- Salt as required
- Water as needed

For Stuffing

- 1 Cup Green Peas (Matar / Pattani)
- 1 Tbsp of Oil
- 1/2 Tsp of Cumin (Jeera)
- Pinch of Asafoetida (Hing)
- 1/2 Tsp of Coriander Powder
- 1/4 Tsp of Red Chilly Powder
- 1/4 Tsp of Turmeric Powder
- 1/4 Tsp of Fennel Powder
- 1/4 Tsp of Chaat Masala
- 1/4 Tsp of Garam Masala
- 1/4 Tsp of Amchur Powder
- Pinch of kasoori methi
- 2 Green Chillies, Chopped
- 1 Inch of Ginger, Finely Chopped
- Coriander Leaves, Finely Chopped
- Salt to taste

Other Ingredients

- 2 Cups of Oil to deep fry

Method to make green peas kachori

Preparing the pastry

- In a mixing bowl, add maida, oil and salt. Add water little by little, knead well to form a tight dough. Cover the bowl and let it sit for 15 minutes.



Preparing the Stuffing

- Boil the peas in cooker or microwave. Mash them coarsely using masher.
- Heat the pan with oil, add cumin, after it sizzles, add asafoetida, ginger and green chilli, fry it for a min. Add all the dry spice powders and salt. Fry them for few mins. Now stuffing is ready.



Preparing the kachori

- Make equally sized balls out of the dough. Take one ball, roll them into small circle.
- Place a tbsp of stuffing in the centre. Gather the edges

and seal it properly. Flatten it and roll them gently into 4-5 inches in diameter.



- In the meantime, heat the oil in a pan, when it is hot, in a medium flame, fry the kachori till they become golden brown colour and crispy.
- Serve matar kachori hot with mint chutney or tamarind chutney. I had it with tomato ketchup.



Tips

- You can follow the same recipe to make variety of kachori just by replacing the stuffing.
- For puffiness, add a pinch of baking powder to the flour and knead it.
- Stuffing should be dry, otherwise it comes out when you roll.
- Oil temperature should be in medium flame.



Green Peas Kachori

Tags : [kachori recipe](#), [green peas kachori](#), [matar kachori](#), [mutter ke kachori](#), [matar kachori recipe](#), [how to make matar kachori recipe](#), [prepare green peas kachori](#), [khasta mattar kachori](#), [street food recipe](#), [chaat recipes](#), [homemade kachori recipe](#), [north indian snack](#)

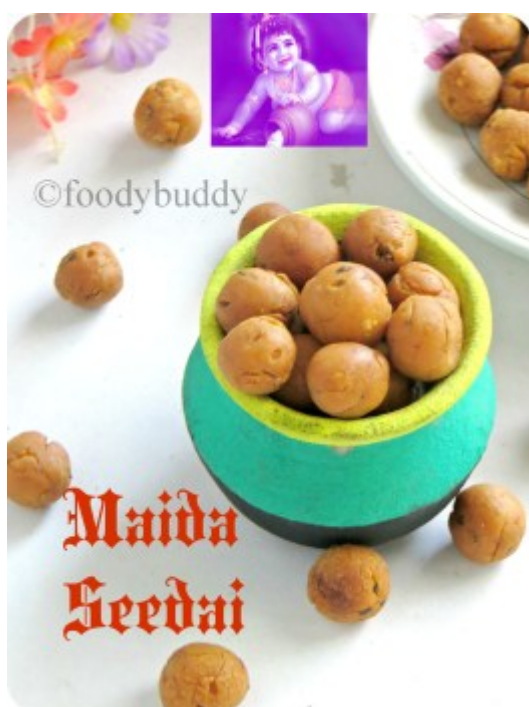
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Krishna Jayanthi Recipes – Gokulashtami Recipes – 2014



Google image

In 2014, Krishna Jayanthi falls on 17th of August. So here are the Gokulashtami Recipes from Foody-Buddy. Wishing you all happy Krishna Jayanthi in Advance...Click on the below images to get the recipes.



Maida Seedai



Mullu Murukku



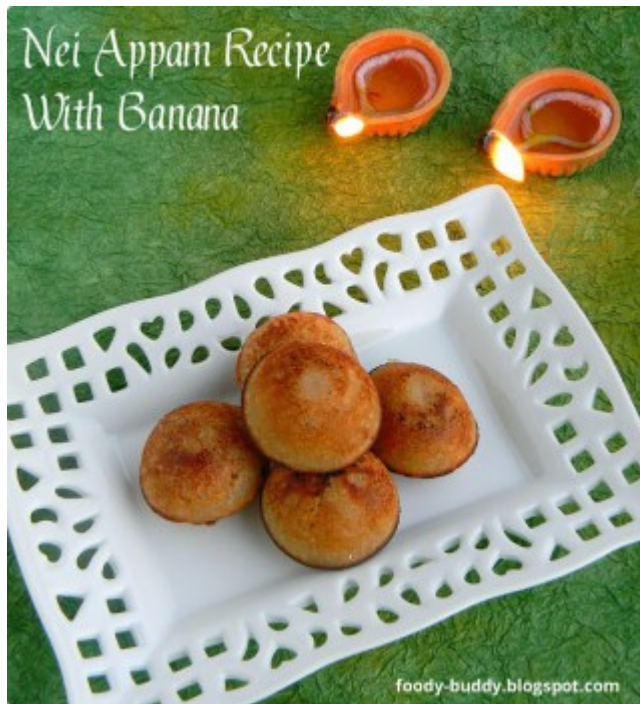
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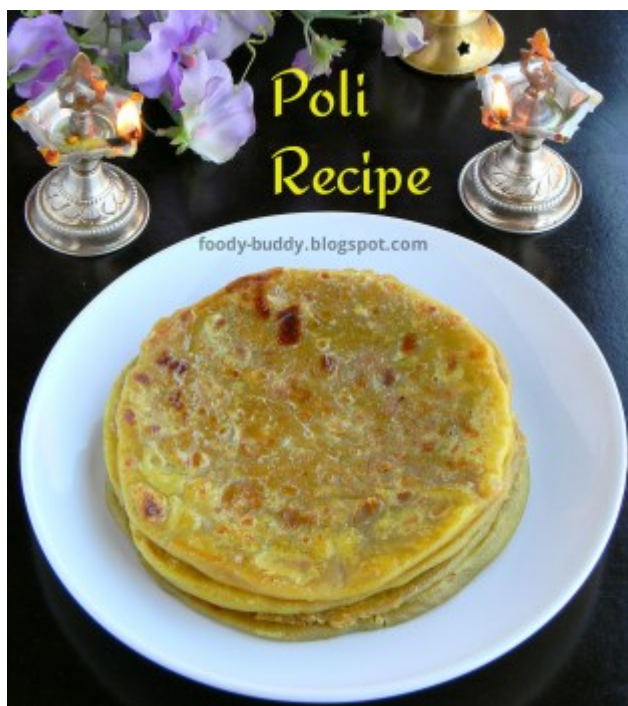
Medu Vadai



Aval Vadai



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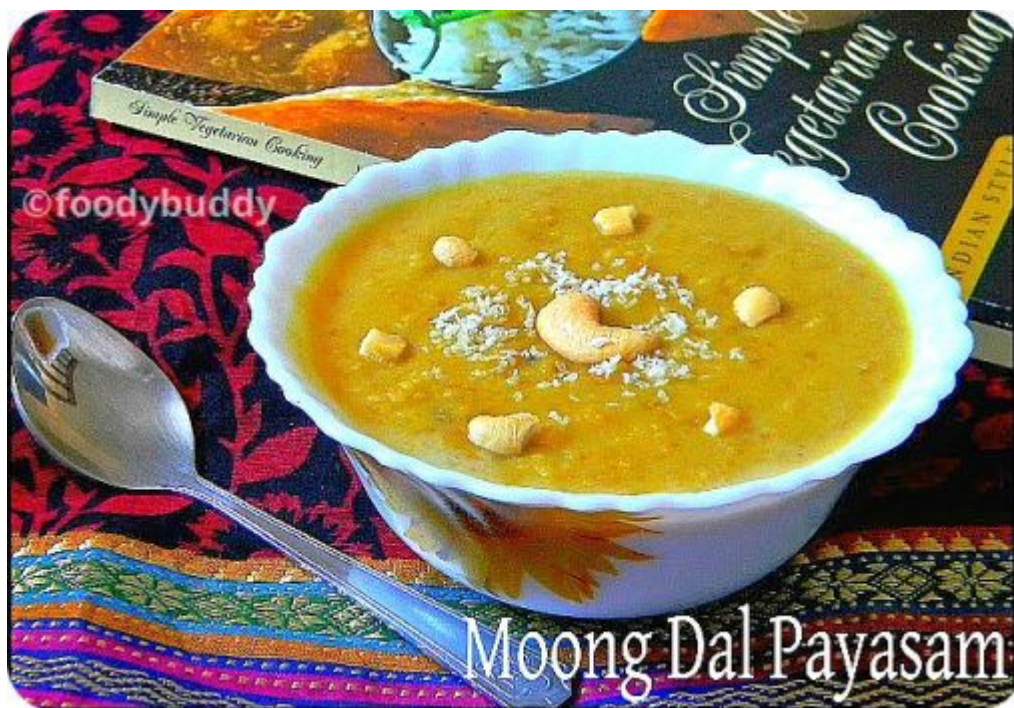
Rava Ladoo



Aval Ladoo



Rava Kesari



Moong Dal Payasam



Sago Payasam

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