



Homemade Veggie Consommé Powder

Ingredients:

- 6 carrots
- 3 parsnips
- 3 parsley roots
- 1 large onion
- 3 shallots
- 2 peppers (red or green)
- 6 stalks of celery
- 6 zucchini
- 2 Roma tomatoes

Instructions:

- 1. Prep the Veggies:** Wash, peel, and chop all the vegetables into chunks.
- 2. Weigh the Ingredients:** Weigh all the vegetables together. For reference, mine weighed 2948 grams.
- 3. Add Salt:** Add 20% of the vegetable weight in salt. For my 2948 grams of veggies, I added 589 grams of salt. The salt acts as a preservative and helps concentrate the flavor.
- 4. Pulverize:** Work in batches, using a food processor to pulverize the vegetables into a thick, uniform paste.
- 5. Simmer:** Transfer the paste to an electric frying pan or an uncovered crockpot and simmer on low for about two hours. This helps reduce the water content and expedites the drying process.

6. Dehydrate: Spread the paste evenly on parchment-lined baking sheets. Dehydrate in the oven at the lowest temperature setting (about 170°F) or use a dehydrator. I dehydrate while I sleep..Stir occasionally to ensure even drying.

7. Blend into Powder: Once fully dry and brittle, break the mixture into pieces and blend in a high-powered blender or food processor until it becomes a fine powder. I get the best result using a coffee/spice grinder in small batches.

Storage and Usage

Store your consommé powder in an airtight container in a cool, dry place. It lasts for months without losing its punch.

Usage Tip:

This powder is incredibly rich. Use only **1 teaspoon per quart of water** to make a delicious veggie broth. It's also a fantastic seasoning for roasted vegetables, sauces, and even savory baked goods.