



WWI ROOT STEW



INGREDIENTS

2 potatoes
2 carrots
1 turnip
1 onion
1 stick celery
Small cabbage (dark green)
Vegetable Stock Cube
Olive oil (in the war they would use fat/lard)
A crusty loaf to serve



PREP TIME: 45MINS
COOK TIME: 30 MINS
TOTAL TIME: 1HR 15 MINS

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DIRECTIONS

1. Wash and peel all the vegetables.
2. Dice all the vegetables and soak in cold water until ready for use.
3. Heat a little oil in a saucepan then add all the vegetables and cook until transparent.
4. Make up 1½ pints of stock using boiling water and a vegetable stock cube.
5. Simmer for 20 minutes, season with Pepper or Worcester Sauce.
6. You can eat the stew chunky or liquidise using a stick blender and make a soup. and then serve with crusty bread.

EQUIPMENT

Chopping board
Vegetable knife
Vegetable peeler
Soup pan
Heat source e.g hob or stove
Measuring jug for stock