Vegetarian Pot Au Feu

Vegetarian Pot-au-Feu is a hearty, flavorful dish that traditionally includes meat but can be adapted to be meat-free, focusing on a rich broth and a variety of vegetables. Here’s a recipe for a vegetarian version:

- **Prep Time**: 20 minutes
- **Cook Time**: 1 hour
- **Servings**: 6
- **Temperature**: Not applicable

Ingredients

4 cups vegetable broth: (4 cups) 2 cups water: (2 cups) 1.5 teaspoons salt: (1.5 teaspoons) 1 teaspoon pepper: (1 teaspoon) 8 whole black peppercorns: (8) 2 bay leaves: (2) 4 fresh parsley sprigs: (4) 3 fresh thyme sprigs: (3) 4 carrots, peeled and cut into 2-inch lengths: (4) 4 leeks, white part only, cut into 2-inch lengths: (4) 3 small yellow onions, peeled: (3) 3 small turnips, peeled and halved: (3) 3 boiling potatoes, halved: (3) 2 parsnips, peeled and cut into 2-inch lengths: (2) 2 celery hearts, each 6 inches long: (2) Equipment Needed:

Large soup pot

Kitchen string (for bouquet garni)

Instructions



formatting In a large soup pot, combine the broth, water, salt, pepper, and peppercorns. Tie the bay leaves, parsley, and thyme together using kitchen string to make a bouquet garni. Add the bouquet garni, carrots, leeks, onions, turnips, potatoes, and parsnips to the pot. Bring to a boil over medium heat. Reduce heat to low, cover, and simmer for 20 minutes. Add the celery hearts, re-cover, and simmer for another 20 minutes. Remove the cover and continue to simmer until all vegetables are tender but still hold their shape, about 20 minutes longer. Remove the vegetables and arrange them on a platter, reserving the broth for another use. Serve the vegetables with cornichons, tiny onions, mustard or horseradish, and mayonnaise in small bowls, along with French bread (all optional).

Safety Notes

Ensure the soup is not too hot before serving to avoid burns. Handle hot pots carefully.

Substitutions

Use any root vegetables you prefer. Substitute cornichons with pickled cucumbers if unavailable.

Storage

Store leftover vegetables in an airtight container in the refrigerator for up to 3 days. Broth can be stored in the refrigerator for up to 5 days or frozen for up to 3 months.

Pro Tips

- Use a variety of root vegetables for added flavor and texture.
- Ensure all vegetables are cut to similar sizes for even cooking.
- Adjust seasoning to taste before serving.

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Last update: **2025/01/14 17:54**