

Mire Poix

January 17th, 2017

This recipe serves: 12

Prep Time: 00:15

Cook Time: 02:00

Mire Poix - (pronounced \mir pwaw\l) is a classic base for soups and stews in French Cuisine. In the traditional form, this is a vegetarian base, however, you can add a few slices of fatback (also called salted pork) for a more complex flavor. Salt can be added later, when the Mire Poix is utilized in other recipes.

Ingredients:

6 oz Yellow Onion - diced

3 oz Celery - diced

3 oz Baby Carrots - diced

1/2 Gallon (64 Ounces) Drinking Water

4 oz Fatback (also called salted pork) cut into 1/8th inch slices (optional)

Or

3 slices Raw Bacon cut into 1 inch squares, if fatback cannot be found (also optional)

Extra Virgin Olive Oil

Directions:

Heat a large stock pot to medium high.

Add a few teaspoons of Olive Oil.

Add the diced Onion.

Stir the Onion to prevent burning. Add the Celery and continue to stir.

Sweat the Onions and Celery. They should be mostly translucent and lightly browned.

Add a few more teaspoons of Oil.

Mix in the Carrots.

Stir everything together to coat the vegetables with Olive Oil

Clear the center of the pan to add the (optional) Fatback or Bacon/ Allow both sides to brown while you continue stirring the vegetables.

Note - A traditional Mire Poix does not typically include meat.

Add 1/2 Gallon of Drinking Water.

Cover (to prevent reduction) and simmer for about 2 hours, stirring occasionally.

Strain out all the solids. Mire Poix can be stored (covered) in the refrigerator for three weeks, or frozen in a gallon-sized zip-top freezer bag for up to six months.

Use as a base for any soup or stew.