

Zero-waste Stock Pot

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NORLAND

Reduce waste and stretch your grocery budget with Zero-waste Stock Pots. A good stock pot is at the heart of sustainable Christmas cooking. It transforms waste – vegetable trimmings, herb stems, and even the turkey carcass – into a rich and nutritious base for soups, sauces and meals.



🕒 up to 24 hours

🍴 2-3 litres

Ingredients

Use what leftovers you have, including the peel and trimmings of veg:

Potato

Carrot

Parsnip

Onion

Garlic

Leeks

Celery

Fresh Herbs (leaves, stalks)

Optional add on:

Carcass - roasted and stripped.

Method

1. This can be done after your vegetable prep – up to 2 days before Christmas.
2. Add all veg scraps to a large stock pot and cover with cold water.
3. Bring to a simmer and cook gently. Avoid hard boiling to keep flavours clean.
4. Strain out the veg scraps.
5. Store in the fridge (up to 3 days) or freeze (up to 3 months).

Optional meat-enriched version:

1. After Christmas dinner, strip and add the meat carcass to the strained veg stock and simmer.
2. Strain and cool quickly.
3. Store in the fridge (up to 3 days) or freeze (up to 3 months).

Fresh vegetables are the most wasted food (by weight of edible parts) in UK homes. During the festive season, UK food waste spikes, with estimates suggesting that around 200,000 tonnes are discarded over Christmas.

Zero-waste Stock Pot continued



Cooking times

Vegetables:

1. Quick Stock (20–30 minutes): A shorter simmer time produces a lighter, brighter, and more vegetal flavour.
2. Standard Stock (1 hour): Most recipes call for simmering for an hour to an hour and a half to get a good balance of flavours.
3. Pressure Cooker (15 minutes): Using a pressure cooker significantly reduces the time required to extract flavour.

Meat:

1. Stovetop: Simmered for 2 to 6 hours for a lighter to richer flavour.
2. Slow cooker: Allows for longer simmering times, typically 4 to 24 hours on low.
3. Pressure cooker: Can reduce the time to about 90 minutes. The longer the simmer, the richer the flavour, but more liquid will evaporate.

How to reduce the cooking impact further:

1. Use a lid → reduces energy loss.
2. Simmer on low, never boil → uses less energy and gives a clearer stock.
3. Use a slow cooker → extremely efficient (0.15–0.25 kWh).
4. Make a big batch → one energy input = multiple meals

Through a small amount of extra cooking time making stock, the environmental return is clear. Simmering a pot for 90 minutes uses around 0.3–0.6kWh (around 8–18p) yet prevents food waste that carries a far higher carbon footprint. By turning trimmings and carcasses into stock, we reduce methane from landfill, cut packaging waste, and replace shop-bought stock with a low-carbon homemade version.