



# MIREPOIX

From the kitchen of Mom Dudley

## What is Mirepoix? How to Make and Use Mirepoix

A **Mirepoix** (Pronounced *meer-PWAH*) is an essential flavor base made from humble vegetables such as onions, celery, and carrots. Fundamental to many classic soups, stew, and meat dishes find out how to make your own mirepoix recipe, how to use, and quickly take your cooking to the next level!

### How to make mirepoix

To make this mirepoix recipe you'll need two parts onion, one part carrot, and one part celery plus olive oil.

1. **Prepare your vegetables.** Trim the root ends and tips from the vegetables. Rinse and scrub the carrots and celery. Dry well. If desired, peel your carrots before chopping (tip- save your root ends and carrot peelings and stick them in a freezer-safe bag. Transfer to the freezer and save for homemade vegetable stock).
2. **Chop your vegetables.** The size you choose to chop your onions, carrots, and celery will vary depending on the recipe being prepared. However, as a general guideline, for sauteed recipes, chop small ( $\frac{1}{4}$ -inch to  $\frac{1}{2}$ -inch), for soups and stews, medium size ( $\frac{1}{2}$ -inch to 1-inch), and for stock, broth, or blended soups, larger size (1-2 inches).
3. **Cook vegetables over medium-low heat.** Add the olive oil to a large skillet set over medium-low heat. Add the onions, carrots, and celery, mixing well to coat. Cook, stirring often, for 10-12 minutes, or until softened and onions are translucent. Adjust heat to prevent vegetables from browning.

### What do you cook first, mirepoix or meat?

Proper cooking order can be super confusing. What comes first, the meat or the mirepoix? Should I cook the mirepoix and meat separately or together? Unfortunately, there's no hard and fast rule to answer either of these questions,

however, it is customary to sear the meat first, remove from the skillet to a clean plate, and use the fat from the meat to cook the onions, carrots, and celery.

Searing the meat first is especially important in stew, roasts, or curries that include beef, pork, or chicken thighs as it creates extra flavor.

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## What size should I chop my mirepoix vegetables?

The overall size and shape of your vegetables will vary depending on the recipe being cooked. Most often, however, **mirepoix vegetables are finely chopped.**

As a general guideline:

- For sauteed recipes- small ( $\frac{1}{4}$ -inch to  $\frac{1}{2}$ -inch)
- For soups and stews- medium size ( $\frac{1}{2}$ -inch to 1-inch)
- For stock, broth, or blended soups- large (1-2 inches)

Regardless of the size, it's important to chop everything **approximately the same size** so that your vegetables cook evenly.

## Other Ethnic Versions:

1. **Cajun:** An aromatic base used in the American South, consists of onion, green bell pepper, and celery in the following ratio: two parts onion, one-part green bell pepper, and one-part celery.
2. **Italian Soffritto:** This variation on mirepoix uses minced rather than diced vegetables and is typically cooked in olive oil (not butter) until the vegetables are soft and brown.
3. **Spanish Sofrito:** A basic Spanish red sauce that combines tomatoes, onions, garlic, and other vegetables (like bell peppers or herbs, for example).
4. **French Pinçage:** French pinçage (pronounced pin-sahge) is mirepoix with tomato paste added. It's a great option for adding mirepoix to sauces.
5. **German Suppengrün:** *Suppengrün* means "soup greens" in German, and includes carrots, leeks, and celery root (celeriac). It can also include herbs like parsley or thyme, as well as other root veggies like onions and rutabaga.