

How to Make Brodo: Homemade Parmesan Broth

BY LINDA SCHNEIDER (<https://honestcooking.com/author/linda-schneider/>)

Brodo, Parmesan Broth, is a flavorful and aromatic stock that is a staple in many Italian kitchens. Try it, and you'll never throw out a Parmesan rind again.

When you have a couple of portions of cappelletti, or another filled pasta/ravioli laying around, you need a light and delicate broth in which to bath and serve them in. That's where your old Parmesan rinds come into play.

Behold – BRODO! A magical broth based on Parmesan cheese rinds.



The addition of Parmesan rinds to a stock or broth (or even to red pasta sauce) elevates it to a whole new level, so please urgently stop throwing out those precious rinds from now on. The rinds really kick up a basic vegetable or chicken broth, and once you've tasted a broth made with a Parmesan rind, you'll never discard one again.



Quick Facts About Brodo

- 1. Origin and Usage:** Brodo, meaning 'broth' in Italian, is often used as a base for soups, risottos, and other Italian dishes. Parmesan Broth, made primarily from Parmesan cheese rinds, is a variant of brodo that infuses a rich, umami flavor into dishes.
 - 2. Ingredients:** The primary ingredient in Parmesan Broth is the rind of Parmesan cheese. These rinds are simmered in water, often with additional ingredients like onions, garlic, herbs (such as thyme, parsley, or bay leaves), and sometimes vegetables like carrots and celery. The simmering process extracts the flavors from the rinds and other ingredients, creating a rich and deeply flavored broth.
 - 3. Preparation:** To make Parmesan Broth, the cheese rinds and other ingredients are simmered in water for several hours. This slow cooking process is crucial for allowing the flavors to meld and intensify. The broth is then strained to remove the solids, resulting in a clear, flavorful liquid.
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4. **Flavor Profile:** Parmesan Broth has a unique savory and slightly nutty flavor, with a depth that comes from the cheese. The umami quality of Parmesan cheese lends the broth a complex and rich taste, which is both comforting and versatile.

 5. **Versatility in Cooking:** Parmesan Broth can be used in a variety of dishes. It's an excellent base for minestrone soup, risotto, and pasta dishes. It can also be used for braising vegetables or meats, and as a warming drink on its own.

 6. **Health Benefits:** While flavorful, Parmesan Broth is also relatively low in calories, making it a healthy base for soups and stews. The cheese rinds provide minerals like calcium and phosphorus.

 7. **Sustainability:** Making broth from Parmesan rinds is a great way to utilize a part of the cheese that would otherwise be discarded, making it an excellent example of sustainable cooking.

 8. **Customization:** The recipe can be easily tailored to suit personal tastes or dietary needs, such as adding more vegetables for a richer flavor or omitting certain herbs.
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Step by Step Guide to Making Homemade Brodo – Parmesan Broth



- 1. Sautéing the Vegetables (Optional):** If choosing to sauté the vegetables first, heat the olive oil in a large soup/stock pot over moderate heat. Add the onion and garlic and cook until they begin to soften and brown slightly.
- 2. Adding Ingredients:** To the pot, add the water, Parmesan rinds, thyme, parsley, bay leaf, and peppercorns.
- 3. Simmering the Broth:** Bring the mixture to a simmer and let it cook, partially covered, for at least 1 hour. For a deeper flavor, you can extend the simmering time up to 2 hours.
- 4. Straining the Broth:** Once the broth has simmered sufficiently, strain it to remove all the solids, leaving a clear, flavorful broth.



Recipe Notes

- **Parmesan Rinds:** Save rinds from used Parmesan cheese as they are perfect for this recipe.
 - **Flavor Enhancement:** For a more intense flavor, roast the onion and garlic in the oven before adding them to the pot.
 - **Vegetarian Option:** Ensure the Parmesan used is vegetarian (some Parmesan uses animal rennet).
 - **Storage:** Brodo can be refrigerated for up to 5 days or frozen for later use.
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Author: Linda Schneider Total Time: 2 hours 10 minutes Yield: 2 quarts

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INGREDIENTS

- 2 tablespoons olive oil
- 1 large onion, quartered
- 1 large head of garlic, sliced cross-wise
- 2 quarts of water
- A few large Parmesan rinds (~ 8 ounces)
- A few sprigs of thyme
- A few sprigs of parsley
- 1 bay leaf
- 1 teaspoon whole black peppercorns

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