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French Mirepoix: The Flavor Foundation

Mirepoix is a **classic aromatic base** in French cuisine, made by **slowly cooking** a combination of **onions, carrots, and celery** to enhance the **sweetness and depth** of various dishes.

Traditional Mirepoix Ratio:

📌 **1 part celery : 2 parts onions : 1 part carrots**

This balanced blend adds richness to:

- ✓ Soups & stews
- ✓ Sauces & stocks
- ✓ Braised meats

💡 **Pro Tip:** Cook mirepoix **low and slow** to bring out its natural sweetness without browning the vegetables.