

## **Mirepoix**

Mirepoix (from the French town of the same name) is the French name for a combination of onions, carrots and celery (sometimes bell pepper). Mirepoix, either raw, roasted or sautéed with butter is the flavor base for a wide number of dishes, such as soups, stews and sauces. These three ingredients are commonly referred to as aromatics. Traditionally, the ratio for mirepoix is 2:1:1 of onions, celery, and carrots.

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