

HOW TO MAKE FISH STOCK



Introduction

Cooking a fish stock will take no longer than 30 minutes. Any longer and the stock will develop an unpleasant soapy and bitter flavour. This is unlike meat stock that improve with longer cooking times. Another important point is that salmon or trout bones from farmed fish do not make a very good fish stock on their own stock but are still fine if mixed with other bones. Consider also that different fish bones will make different flavoured stock. Like a stock containing sardine or trawler bones will taste like that fish. The best stock comes from bones and heads (without gills and even eyes) from large wild white fish which you can ask your fish monger to put them aside for you. You should not pay for fish bones as fishmongers throw them out anyway at the end of the day and you do pay for them anyway when buy a fillet.

Recipe Requirements

Estimated Preparation Time	15 Minutes
Completion Time	1.5 hours
Skill Level	
Serving Size	3-4 Litres
Equipment	Pot with Lid Strainer Spatula or Wooden Spoon



Ingredients

- 1) 2-4 kgs white fish bones and heads, gills and eyes can be removed for an even better result (omit this if you find it too hard or your carcasses come from smaller fish)
- 2) ½ bottle dry white wine
- 3) enough water to cover the fish bones
- 4) 1 onion, peeled
- 5) 2 garlic cloves, peeled
- 6) 1 leek
- 7) 1 carrot
- 8) Fennel trimmings, if available
- 9) 3 sticks celery
- 10) Parsley and herb stalks
- 11) ½ tablespoon peppercorns
- 12) 1 lemon

Method

- 1) Remove gills and eyes of the fish head. If you do not like to do this discard the head
- 2) Wash the bones under running water, then cover them with cold water and let them soak for ½ hour.
- 3) Meanwhile, split the upper (green) top of the leek in half and wash away any dirt sticking between the leaves. Chop the leek together with the other vegetables roughly.
- 4) Place the vegetables into a stockpot, add the wine, parsley, and peppercorns.
- 5) Strain the bones and wash them once again. Place them into the pot with the vegetables and cover with cold water.
- 6) Place onto a high heat and bring to boil then reduce the heat to a minimum. Skim any foam that rises to the top and repeat this process another 1 or 2 times if necessary
- 7) If you washed your bones really well this step will often not apply
- 8) If you use older bones this step might have to be repeated several times
- 9) The foam that rises comes from the loose proteins and if you don't skim them they can make your stock cloudy or gritty and make the stock sometimes taste slightly bitter
- 10) Simmer the stock for approx. 25 minutes only and turn the heat off.
- 11) Cut the lemon into wedges and add it to the stock.
- 12) Rest the stock for 60 minutes, strain and chill.

Notes

- 1) Fish stock will keep in the fridge for up to 10 days or freeze for use at a later stage.
- 2) The stock freezes well. For easier storage you can reduce it to a third and then freeze it in ice cube trays and add them to your soups or sauces or risotto in a frozen state and it will act like a seasoning tool that gives your dishes depth and complexity.
- 3) You will also find that the stock by itself tastes a little bland and often will show its true qualities when reduced by 2 thirds.
- 4) Fish stock is also great for drinking as it has the same qualities as a bone broth does and is easily digested.