

Fish Stock - A stock standard

This is our standard method for fish stock. It should not be cooked too long as it can become bitter. Bring the liquid to the boil quickly then reduce to a simmer. Skim the soup occasionally to remove any impurities and sediment. The vegetables need to be finely chopped so there is time for their flavours to permeate the stock in the short cooking time. Fish stock freezes well for a limited period.

For 1.5 litres of stock:

- 1 kg fish carcasses (heads, bones, etc. of non-oily fish)
- 1 medium onion finely chopped
- 1 medium stick celery finely chopped
- 1 medium carrot finely chopped
- 1 bay leaf
- handful parsley
- sprig each of thyme, tarragon or chervil if available
- 4 peppercorns
- 1.5 litres water
- 300 ml dry white wine



Method:

Pour a cup or so of water into the stockpot and heat. Prepare the vegetables and add to the water as they become ready; stir occasionally and allow to sweat but not brown or burn while you prepare the fish carcasses. Add the herbs and spices.

Remove the gills from the fish heads, wash the carcasses and remove any blood. Add to the vegetables, add the water and bring quickly to the boil. Reduce to a simmer for 20 minutes, skimming as necessary.

Add the wine for a further 10 minutes.

Strain carefully through a fine sieve and refrigerate if not required immediately.

Serve:

Use in other recipes as required.

Equipment:

Medium to large stock pot.

Difficulty and Time:

Not difficult (2/5). 10 to 15 minutes to prepare. 30 minutes to cook.

Notes and variations:

- Alternatively, use a recipe from a reliable source.
- Limit the number of ingredients as other ingredients can be added in your main recipe.