

Fish broth (Base 1)

Recipe for 4

Description

A broth that will complement all your poached vegetables or fish cooked with bouillon.

Also very pleasant to drink hot in a cup, a very good remedy for a cold.

Note

This recipe freezes very well. You can also make ice-cubes to use in smaller portions on a day to day basis.

Ingredients

Fish broth

- 500 Gr Royal sea bream
- 500 Gr Whiting
- 500 Gr Snapper
- 100 Ml Pastis
- 4 Liter(s) Water
- 0.50 Unit(s) Combava
- 4 Unit(s) Lemongrass
- 0.50 Unit(s) Bird's eye chili
- 150 Gr Fennel
- 2 Unit(s) Tomato
- 100 Gr Celery
- 150 Gr Onion
- 150 Gr French shallot
- 6 Clove(s) Garlic
- 6 Unit(s) Combava leaf
- 1 Pinch(es) Saffron pistil
- 2 Unit(s) Star anise
- 1 Tsp Black peppercorns
- 1 Tsp Coriander seeds

Preparation

- Preparation time **120 mins**

Preparation

Ask your fish monger to clean and cut all the fish into small pieces.

Cut the combava in half, as well as the lemongrass lengthwise.

Seed the bird's eye (Thai) chili, wash and slice the fennel, the tomatoes, and the celery.

Peel and mince the onion, the shallots, and the garlic.

The broth

In a large pot with some oil over low heat, place the pieces of fish. Cook them for 5 minutes without coloring.

Add all the remaining ingredients except for the pastis and water, continue to fry for another 5 minutes, avoid any coloring.

Pour in pastis and water, bring to a boil.

Reduce the heat until it simmers, let cook for 1:30, skim regularly with a skimmer to remove impurities..

This recipe will give you about 2.5 liters of broth.

Finishing touches

Pass the broth through a fine mesh seive, let it sit so the impurities fall to the bottom. Cool it in the refridgerator.

Bon appétit!