

Fish stock

Recipe for 4 persons

Description

A base of french cuisine often used in any fish or seafood recipe.

Note

It is very important to not season a stock (chicken, fish, veal, etc...) as you are not sure what recipe you will be using it in and you want to have full control over the level of seasoning in the final preparation.

Ingredients

Fish stock

- 1 Kg White fish bones
- 60 Gr Butter
- 100 Gr Button mushrooms
- 1 Unit(s) Green of leek
- 1 Unit(s) Onion
- 8 Stems Parsley
- 1 Unit(s) Carrot
- 1 Sprig(s) Thyme
- 2 Clove(s) Garlic
- 4 Liter(s) Water

Preparation

- Preparation time **45 mins**

Preparation

Soak the fish bones in cold water for 1 hour.

Clean, peel and cut the vegetables into large pieces. (Mirepoix)

Fish stock

In a stock pot on medium heat with butter, cook the fish bones until the flesh detaches from the bone.

Add the vegetables and continue to cook, stirring from time to time. Make sure not to color the different elements.

Add the water and let simmer gently for 20-30 minutes.

Pass through a fine mesh sieve and set aside in the fridge or freezer once cooled.

Bon appétit!