



Fish Stock

By Annemarie Colbin

Credits: Food and Our Bones, Plume New York

This is a great basic stock to use for a variety of recipes.

2 1/2 quarts

Prep Time: 10 minutes

Cook Time: 1 hour

Storage: Refrigerate for up to 3 days. Freeze up to 2 months

Type of Dish: Soup

Ingredients

- Heads, bones, and tails of 2 10-inch mild fish (snapper, bass, sole)
- 1 leek, chopped
- 5 scallions, chopped
- 1 carrot, chopped
- 1 large onion, coarsely chopped
- 1 tablespoon balsamic or apple cider vinegar or 1/2 cup white wine
- 1/4 cup parsley stems
- 1 bay leaf
- 1 teaspoon dried oregano
- 1 teaspoon dried thyme
- 1/2 teaspoon black peppercorns
- 4 quarts cold water

Instructions

Wash the bones in several changes of water, until the water is no longer cloudy. Place the fish bones, vegetables, vinegar, and water in a 6 to 8-quart stockpot. Wrap the parsley stems, bay leaf, oregano, thyme, and peppercorns in a piece of cheesecloth and add to the pot. Bring the liquid to a boil, lower the heat, and simmer gently for 40-45 minutes partially covered. Strain, pushing the solids into the strainer so as to extract all the nutrient-rich liquid. Cool the stock and store in the refrigerator for up to 3 days or freeze in containers or ice cube trays.