



## Shrimp Stock

By Annemarie Colbin

Credits: Food and Our Bones, Plume New York

Clean and devein the shrimp, and use them in bisques or stir-fries. Use the shells for the stock. You can freeze the shrimp shells to use until you are ready to make stock.

2 quarts

**Prep Time:** 20 minutes

**Cook Time:** 90 minutes

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

**Type of Dish:** Soup

### Ingredients

- 2 pounds medium shrimp, shells and tails
- 1 large onion, chopped
- 2 celery stalks, sliced
- 1 tablespoon black peppercorns
- 1/8 teaspoon dried tarragon
- 1 bay leaf
- 2 1/2 cups fish stock
- 6 1/2 cups cold water
- 1/2 cup white wine or 1 tablespoon apple cider vinegar

### Instructions

Rinse the shells. Place all the ingredients in a 3-quart stockpot. Bring to a boil, lower the heat, and simmer for 1 1/2 hours partially covered. Strain, pushing the solids into the strainer with the back of a ladle to extract all the nutrient-rich stock. Use immediately, or store in the freezer.