



Fish Stock

INGREDIENTS

- 1 leek (carefully washed)
- 5 fish heads (gills removed), bones and trimmings
- 2 brown onions
- 1 fennel
- 2 celery stalks
- 6 parsley sprigs
- 4 thyme sprigs
- 3 bay leaves
- 8L water
- 1 tbsp peppercorn



Makes: 8L



Prep Time: 10 min



Cooking Time: 35 min

METHOD

1. Roughly cut leeks, onion and fennel bulb.
2. Place all ingredients except the white wine and water into the stockpot. Turn the stockpot on a medium heat and just warm through (don't cook).
3. Add in white wine and bring to a boil.
4. Add the water and turn to high heat. Bring to the boil as quickly as possible and then reduce to a simmer. Remove scum by skimming the stock.
5. Gently simmer stock for 25-30 minutes (no longer than 30 minutes), skimming occasionally.
6. Strain stock and discard the solids. Let cool to room temperature.
7. Cover tightly and refrigerate or freeze. Stock may be refrigerated for several days or frozen for up to 6 months.



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