

FISH STOCK



Ingredients (yields 4 liters):

3 kg of backbones, gillless head and finned fish cut into pieces and avoid dark greasy fish

100 g medium diced vegetables (25% onion, 25% leek, 25% parsley and 25% turnip)

500 ml of white wine

50 g of Paris mushrooms (optional)

6 liters of water

1 sachet d'epicés (tied with parsley, thyme, bay leaves and peppercorns)

Preparation:

1. Put the fish and vegetables in a large pan.
2. Cover with wine and water and cook over low heat for 1 and ½ hours.
3. Add sachet pices 1 hour before the end of cooking.
4. Do not stir, do not salt, do not cover and skim the impurities when necessary.
5. After the end of cooking strain the stock.
6. Use or cool and label properly and bring to freezer.