

SHELLFISH STOCK



Ingredients (Yield 1500 ml):

4 a 6 cups shellfish shells, clam, from shrimp, lobster, and or crab

1/2 cup dry white wine

1 yellow onion, sliced or chopped

1 carrot, roughly sliced or chopped

1 celery stalk, roughly sliced or chopped

2 tbsp double tomato paste

2 sprigs of thyme

Several sprigs parsley

1 bay leaf

10 to 15 whole peppercorns

2 tsp white wine

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

Preparation:

1. Break larger pieces of shell.
2. Break thick shells lobster and crab into smaller pieces by placing in a thick closed plastic bag and rolling with a rolling pin or pounding with a meat hammer to crush.
3. Cut the finest shrimp shells and do not crush or cut too small.
4. Baked shells place in a large baking dish and bake at 200° C for 10 minutes.
5. Cover the shells with water and heat not to boil.
6. Put the shells in a large pan and add enough water to cover the shells with 3 cm of water.
7. Heat the water to a high temperature and as soon as you notice that small bubbles are beginning to surface, reduce the heat to medium.
8. Do not let the water boil.
9. If want to keep the temperature exactly on the edge of a boil about 80° C where the bubbles occasionally reach the surface.
10. Do not stir the shells the unrest will muddy the stock.

11. Slide the foam as bubbles reach the surface, a foam film develops on the surface.
12. Use a large metal spoon to remove this foam.
13. Let the shells cook like this for about an hour and brush the foam every few minutes.
14. The foam comes from shells that release impurities as the temperature rises.
15. Add the wine, onion, carrot, celery, double tomato paste, herbs, peppercorns and 1 sachet d'epicés after the stock has stopped frothing.
16. Bring to low heat and reduce the heat so that the material will continue to boil for 30 minutes but not boiling.
17. If more foam comes to the surface, remove it.
18. Do not stir, do not salt, do not cover and skim the impurities when necessary.
19. After the end of cooking strain the stock.
20. Use or cool and label properly and bring to freezer.