

Fish Stock (Base for sauces and soups)

With meat and fish sommelier Oliver Schendzielorz

ingredients

1 fish carcass (only use raw fish)

*Fish with head, fins and bones

1 large Onion

2 Carrots

1 Celery root

1 leek



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Just use the peelings, so you can use the rest for something else.

Water (enough to cover the vegetable peelings and fish carcass)

Preparation

1. Soak all the vegetable peelings from the onion, carrots, celery and leek for 10 minutes in cold water. It is really important to use cold water because warm water would flush out all the nutrients.
2. Fill a saucepan with cold water and add the soaked peelings and the fish. The water should cover the vegetable peelings and fish carcass.
3. Put on a medium heat and simmer very gently for 30 minutes. DO NOT BOIL!
4. The water should always have a temperature between 60-70°C, because egg whites curdle at 60°C. The egg whites should curdle because they then combine with the cloudy substances, which makes it easier to skim them out with a ladle.
5. Skim off the flocculated egg whites again and again. Finally, pour the stock through a fine sieve or a straining cloth. This will give you a nice clear stock.
6. If you want to preserve the stock for a few months, bring it to the boil and pour the boiling liquid into clean jars. Make sure the jars are as full as possible, seal them and turn them upside down. Then leave to cool.

Tip:

You can freeze your vegetable peelings so you always have some ready to make any kind of stock.

You can also freeze the stock in ice cubes. That way you always have small portions to use in sauces and soups.

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