

Fish Stock

Ingredients

Part 1 – Vegetables

- 3 tablespoons olive oil
- 1 large onion, chopped
- 1 large carrot, chopped
- 3 celery stalks, chopped
- 1 fennel bulb and fronds, chopped (optional)

Part 2 – Other Ingredients

- 2 cups white wine or vermouth
- 1-2 teaspoons dried or fresh thyme
- 2-4 bay leaves
- 1 teaspoon salt
- 2-5 pounds of fish bones and heads (Remove the gills, fins, skin, and gut cavity. White lean fish like striped bass and rockfish work great)

Optional

- 5 dried shiitake mushrooms (optional)
- 2 star anise pods (optional)
- 4 pieces of dried kombu kelp (optional)

Instructions

1. Heat the olive oil in a large stockpot over medium-high heat. When the oil is hot, add the chopped vegetables and cook, stirring often, until they are all soft, but not browned. This should take about 10 minutes or so.
2. Add the white wine and all the remaining ingredients, plus enough water to cover everything by about an inch or two. Bring to a simmer, then drop the heat to a **bare shimmy, about 175°F** Use a candy/deep fry thermometer to monitor if you want to be precise. It should not boil under any circumstances, and keep an eye on things to ensure that it doesn't. Simmer like this for **45 minutes to 1 hour, no more**.
3. Set a fine mesh strainer over a big bowl or pitcher, then put a piece of paper towel or cheesecloth in the strainer. Ladle the stock through this set-up into the bowl. When you get to the bottom, skip the dregs down there, as they will be filled with sediment. The stock will never be as good as it is right now, but it can be refrigerated for up to a week and frozen for up to 6 months.

Notes

Use in chowder, gumbo, or soups that call for fish stock. Freeze or separate into six cup portions if you want to save some to make my Asian Fish Soup recipe.