

Fish Stock

Ref:

Yield: 1.2 litres

Preparation Time: 10 Minutes

Cooking Time: 1 hour 40 Minutes

Ingredients:

2kg	White fish bones and trimmings (from sole, turbot, halibut, brill, Whiting etc. – ask your fishmonger!)
50 ml	Olive oil
50 g	Unsalted butter
2	Onions, peeled and thinly sliced
2	Leeks (white part only), thinly sliced
4 cloves	Garlic, peeled and chopped
1	Bay leaf
2 sprigs	Thyme
2 sprigs	Tarragon
½ tsp	Fennel seeds
400ml	Dry white wine
Maldon sea salt and freshly ground black pepper	

Method:

1. Rinse the fish bones and trimmings under cold running water.
2. Heat the olive oil and butter in a large stockpot or pan, add the onions, garlic and leeks and fry for 5 minutes without colouring.
3. Add the herbs, fennel seeds and white wine. Turn up the heat and reduce the wine by half.
4. Add the fish bones and trimmings and about 1.5 litres of water to cover.
5. Bring to the boil, lower the heat and skim the surface with a large spoon or ladle to take off the scum.
6. Simmer gently for 40 minutes then strain through a fine-meshed conical strainer.
7. For a clear stock, strain again through a muslin lined sieve.

To Serve:

Season the stock before using.

Chef's Notes:

Refrigerate and use within 2 or 3 days or freeze for up to 3 months.