Fish Stock

From the Gulf Coast Research Laboratory

A well prepared stock can take a good dish to the level of “extraordinary”. This recipe uses a technique called "sweating" to extract maximum flavor from every ingredient. As the heads and bones "sweat" the proteins are drawn out, creating a flavor rich stock that gels when cooled. This stock recipe does not call for salt. Stocks become part of a final dish that is salted to taste.

Source
This recipe comes from Anita Arguelles, GCRL marketing specialist, fly fisher, and food enthusiast.

Serves four

Tips from the Cook
No time for fishing? You can still make a great fish stock for your upcoming holiday recipes by heading to the fish market. Call ahead the morning you plan to make stock your local fishmonger will assemble a sack full of fresh heads and bones for a small (if any) fee. Freeze leftover stock in ice cube trays so you can conveniently add “just the right amount” to your recipes. Need a little holiday inspiration for where to use your stock...The Cajuns were nestled all snug in their beds while visions of gumbo, jambalaya and bouillabaisse danced in their heads!

Ingredients

• 4 pounds fish heads and bones, rinsed (great stocks can be made from redfish, speckled trout, flounder or other mild, non-oily fish)
• 1/2 cup dry white wine
• About 2 quarts water
• 2 medium onions, thinly sliced
• 4 stalks celery, thinly sliced
• 2 medium carrots, thinly sliced
• 2 bay leaves
• 1/4 cup chopped fresh Italian parsley leaves and stems
• 6 to 8 sprigs fresh thyme
• 2 tablespoons black peppercorns
Instructions

1. Melt the butter in a heavy 7- to 8-quart stockpot over medium heat. Add the onions, celery, carrots, bay leaves, parsley, thyme, and peppercorns and cook, stirring frequently with a wooden spoon, until the vegetables become translucent without browning, about 10 minutes.

2. Place the fish heads on the vegetables and stack the fish frames evenly on top. Pour in the wine, cover the pot tightly, and let the bones sweat for 10 to 15 minutes, or until bones have turned completely white.

3. Add hot water to just cover the bones. Stir gently and allow the brew to come to a simmer. Simmer for 10 minutes, uncovered. Skim off any white foam that comes to the surface.

4. Remove the pot from the stove, stir the stock again, and allow stock to steep for 10 minutes. Strain through a fine-mesh strainer. Cover the stock after it is thoroughly chilled.

*Store your precious stock in the refrigerator for up to three days. Freeze leftover stock in ice cube trays. Remove the frozen cubes from tray and store cubes in a freezer bag. This allows for ease in adding just the right amount to your recipes. Frozen stock can be stored for two months.*

This is one of a series of recipes that highlight the wealth of delicious local seafood ingredients available on the Gulf Coast of Mississippi. Do you have a family favorite? Get in touch; perhaps we can add it to the collection.

Look for more Mississippi seafood recipes on the web at [www.usm.edu/gcrl/public/recipes](http://www.usm.edu/gcrl/public/recipes)

*Gulf Coast Research Laboratory*

703 East Beach Drive, Ocean Springs, MS 39564

(228) 872-4200

[www.usm.edu/gcrl](http://www.usm.edu/gcrl)