

Fish Stock



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When filleting fish you're always left with such a large amount of waste. Making a fish stock is great way to use the whole fish. Plus you have the bonus of being able to use it in soups, curries, broth, puttanesca sauce and more. Full of goodness with essential vitamins and minerals, this resourceful recipe can freeze for up to 3 months. I recommend getting covered ice trays and freezing your fish stock in separate little cubes.

Makes:

1L

INGREDIENTS:

- 1 fish carcass
- 1L boiling water
- 3 Tbsp salt
- Handful each of rosemary, dill and parsley
- 1 onion, halved
- ½ lemon

INSTRUCTIONS:

1. Fillet and gut your fish of choice, keeping the remaining carcass; head, tail, bones – the lot!
2. In a large stockpot, submerge the fish carcass in boiling water, and cover with a lid (1 fish carcass usually makes 1 litre of stock). Boil for 20 minutes. Scoop out any foam residues that float to the surface.
3. Add salt, herbs, onion and half a lemon. Boil for a further 25 minutes.
4. 'Fish out' the carcass and sieve the stock into a bowl, removing any small bones and skin. Let cool.
5. Store in an airtight container and refrigerate for up to a week.