



Recipe Details

Recipe Name : Fish Stock
Recipe Category:
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Created : February 16, 2015
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Portions : 4

Weight (Per Portion)

One portion of this dish weighs approximately 1,018.00 Grams

Recipe Ingredients

Ingredient	Quantity	Allergen Warnings
Mushrooms, button, raw	1 Cup US	
Water, tap, drinking	1.75 Litre	
Onions, raw	1 Large	
Leeks, raw	1 Large	
Carrots	1 Large	
Celery	1 Medium	 Celery
Stock, fish, liquid	1.5 Kilo	  Gluten Celery

Recipe Alerts

Allergen Warnings:



Recipe Method

1. Place the fish bones (including heads) in the water and bring to the boil. Simmer for 20 minutes, then pass through a strainer lined with muslin. 2. Return the stock to the pan and add the vegetables - sliced mushrooms, chopped onion, leek and carrot and sliced celery stick including the leafy top. 3. Bring to the boil and simmer again for 45 minutes. Strain again, then use or store. 4. You can store stock in a covered container in the fridge for up to four days. You can keep it indefinitely if you re-boil it every four days or so. Otherwise, store it in small quantities in the freezer.

