

Fish Fumet

Description:

Serving Size: 50 Liters

Categories: Soup Base

Cost Per Serving	
\$	0.57

<u>Action</u>	<u>Date</u>	<u>Initials</u>
Created	7/7/2012	CR
Revised		

Amount	Measure	Ingredient	Preparation Method	Product No.
40.000	kg	Fish bones	cut into 3-inch pieces	
65.000	lt	Cold water		
0.250	kg	Unsalted butter		20-100001601
3.000	kg	Onions	peeled, chopped	20-100000835
2.000	kg	Carrots	peeled, topped, tailed, chopped	20-100000811
1.000	kg	Celery stalk including leaves	chopped	20-100000813
0.100	kg	Garlic	bulb quartered	20-100000817
0.550	kg	parsley stems	if available	
0.550	kg	Mushroom trimmings	if available	
0.001	kg	Bay leaves, dry (6)		20-100001270
0.010	kg	Whole cloves (10)		20-100001280
0.020	kg	White peppercorns (15)		20-100001321
1.000	lt	White wine		20-100001689

Method of Preparation:

- Cut and wash fish bones in cold water.
- Melt butter in a stockpot or tilting pan over a medium-heat.
- Add fish bones and sauté slightly.
- Add the onion, garlic, carrot, celery stalk (including leaves) parsley stems and mushrooms trimmings to the pot.
- Sweat the vegetables for few minutes, without giving color.
- Add cold water, white peppercorn, cloves and bay leaves.
- Deglaze with white wine.
- Bring the contents of the pot to a boil, and reduce to a simmer.
- Remove scum frequently as it accumulates.
- Simmer slowly for 20 minutes maximum (the stock will taste of stewed fish rather than fresh if cooked too long).
- Do not season as this will be used exclusively for other applications
- Skim, strain the fish fumet