

## Fish Stock

Description:

Serving Size: 50 Liters

Categories: Stock

Cost Per Serving	
\$	0.12

Amount	Measure	Ingredient	Preparation Method	Product No.
40.000	kg	Fish bones	cut into 3-inch pieces	
65.000	lt	Cold water		
4.000	kg	Onions	peeled, chopped	20-100000835
2.000	kg	Carrots	peeled, chopped	20-100000811
1.000	kg	Celery stalk including leaves	chopped	20-100000813
1.000	ea	Sachet	see recipe	50-100000165
0.600	kg	Mushroom trimmings	if available	

### Method of Preparation:

- Cut fish bones into 3-inch lengths and wash in cold water, place in large pot/kettle.
- Add cold water, onions, carrots, celery, sachet, mushroom trimmings.
- Bring the stock to a simmer over moderately low heat.
- Remove scum frequently as it accumulates.
- Simmer slowly for 30 minutes at maximum.
- Skim, strain. Do not season as this will be used for other applications.