

Soup Stock - Fish Stock

Fresh Ways with Soups & Stews
Time-Life Books

Yield: 2 quarts

2 pounds lean-fish bones, fins and tails discarded with the bones washed thoroughly and cut into large pieces
2 onions, thinly sliced
2 stalks celery, chopped
1 carrot, thinly sliced
2 cups dry white wine
2 tablespoons fresh lemon juice
1 leek (optional), trimmed, split, washed thoroughly to remove all grit, and sliced
3 cloves garlic (optional), crushed
10 stems parsley
4 sprigs fresh thyme OR one teaspoon dried thyme leaves
1 bay leaf, crumbled
5 black peppercorns

Preparation Time: 15 minutes

Put the fish bones, onions, celery, carrot, wine, lemon juice, two quarts of cold water, and the leek and garlic if you are using them, in a large, nonreactive stockpot. Bring the liquid to a boil over medium heat. Reduce the heat to maintain a strong simmer. Skim off the scum that rises to the surface.

Add the parsley, thyme, bay leaf and peppercorns. Gently simmer the stock for 20 minutes more

Strain the stock. Allow the solids to drain thoroughly before discarding them.

If necessary, degrease the stock (see note)..

Start to Finish Time: 40 minutes

Because the bones from oilier fish produce a strong flavor, be sure to use only the bones from lean fish. Sole, flounder, turbot and other flatfish are best. Do not include the fish skin, it could discolor the stock.

The easiest and most effective degreasing method is to refrigerate the finished dish, then lift the congealed layer of fat from the surface. Because chilling takes time, it is ideal for soups, stews or stocks that are made ahead. To inhibit bacterial growth, a hot soup or stew should be quickly cooled to room temperature, then partially covered and refrigerated. The fat may then be removed before the dish is reheated. Stock, too, should be cooled rapidly: pour it into small containers and set them in a shallow bath of ice water. So that the stock will not sour, it should be covered and refrigerated only when it has cooled. Before transferring chilled stock to the freezer, scrape away all surface fat.

To degrease a hot dish just before serving it, use a soup ladle or large, shallow spoon to skim off as much fat as you can. Tip the pot, if need be, to pool the last bit of unwanted fat.

Soups, Chili and Stews

Per Serving (excluding unknown items): 673 Calories; 5g Fat (11.0% calories from fat); 22g Protein; 74g Carbohydrate; 28g Dietary Fiber; 0mg Cholesterol; 461mg Sodium. Exchanges: 0 Grain(Starch); 12 1/2 Vegetable; 0 Fruit; 0 Fat.

Per Serving Nutritional Analysis

Calories (kcal):	673	Vitamin B6 (mg):	.9mg
% Calories from Fat:	11.0%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	68.4%	Thiamin B1 (mg):	.7mg
% Calories from Protein:	20.6%	Riboflavin B2 (mg):	.6mg
Total Fat (g):	5g	Folacin (mcg):	991mcg
Saturated Fat (g):	1g	Niacin (mg):	9mg
Monounsaturated Fat (g):	2g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	321
Cholesterol (mg):	0mg	% Daily Value*	0.0%
Carbohydrate (g):	74g	Food Exchanges	
Dietary Fiber (g):	28g	Grain (Starch):	0
Protein (g):	22g	Lean Meat:	0
Sodium (mg):	461mg	Vegetable:	12 1/2
Potassium (mg):	4552mg	Fruit:	0
Calcium (mg):	970mg	Non-Fat Milk:	0
Iron (mg):	40mg	Fat:	0
Zinc (mg):	7mg	Other Carbohydrates:	0
Vitamin C (mg):	839mg		
Vitamin A (i.u.):	51573IU		
Vitamin A (r.e.):	5156 1/2RE		

Nutrition Facts

Amount Per Serving

Calories 673 Calories from Fat: 74

% Daily Values*

Total Fat	5g	8%
Saturated Fat	1g	4%
Cholesterol	0mg	0%
Sodium	461mg	19%
Total Carbohydrates	74g	25%
Dietary Fiber	28g	110%
Protein	22g	

Vitamin A	1031%
Vitamin C	1398%
Calcium	97%
Iron	222%

* Percent Daily Values are based on a 2000 calorie diet.