STOCK MAKING FUNDAMENTALS

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INTRODUCTION TO STOCKS

PRINCIPLE OF STOCK MAKING

The principles of stock making are really quite straightforward and simple. There are different types of stock like white stock, brown stock, and poaching stock. Still, for whatever reason, many would-be gourmet cooks seem to draw the line here. They feel that stocks are used only by the great chefs and that their “mysteries” must, therefore, run too deep for a beginner to manage. Well, let me say this, this assumption is false, you just need to learn the basics and you will be fine making great stocks for soups, sauces, and braised dishes.

There are only seven basic steps in stocks making:

1. Start the stock in cold water with Mirepoix, herbs, and spices.
2. Simmer the stock gently.
3. Skim the stock frequently.
4. Strain the stock carefully.
5. Cool the stock quickly.
6. Store the stock properly.
7. Degrease the stock.

GETTING THE RIGHT INGREDIENTS

The basic ingredients of most stocks are fresh uncooked bones, a vegetable mixture is known as a Mirepoix or a bouquet garni tied to a piece of leek or left loose and cold water.

Bones

Bones are the most important ingredient for producing a good protein-based stock as they are the key in adding flavor, body, and color and they must be raw. Traditionally large kitchens and butcher shops saved the day’s bones to make stock. However, because many types of meat and poultry items are now purchased previously cut or portioned, Chefs often purchase the bones separately specifically for stock making.



Mirepoix

A combination of cut onions, carrots, celery and sometimes other vegetables. Often the less desirable parts of the vegetables, such as carrot skins and celery ends, are used since they will not be eaten. The size of the cut of a Mirepoix will vary depending on the cooking time of the stock which is 30 minutes to 1 day!



Bouquet garni

Bouquet garni is a selection of aromatic plants and spices used to flavor a sauce, stock, or other dishes. They are usually tied together in a small bundle to prevent them from dispersing in the liquid and are removed before serving.



Seasoning

Principal stock seasonings are peppercorn, bay leaves, thyme, parsley stems and optionally garlic. These seasonings are usually left whole. A stock is cooked long enough for all their flavoring to be extracted so there is no need to chop or grind them.

Salt is not added to stock. Because a stock has a variety of uses, it is impossible to know how much salt to add when preparing it. In many dishes including sauces, stocks are reduced to concentrate the flavor and the end product has a great chance to taste too salty.



Beef and veal bones



The best bones for beef and veal stock are from the younger animals. They contain a higher percentage of cartilage and other connective tissue than bones from mature animals. Connective tissue has collagen in it, which gets converted into gelatin that thickens the liquid.

The best bones for beef and veal are knuckles and shank bones, as they have high collagen content. Ask your butcher to cut the bones into pieces of 3 to 4 inches long (8 to 10 cm), so that they can release as much flavor and collagen as possible while cooking.

Chicken bones

The best bones for a chicken stock are from the neck and back, but the whole carcass can be used as long as it has been cut in smaller pieces for easier handling and to maximize the flavor extraction into the stock. When using chicken carcass, skin and fat should be removed to avoid a greasy stock.



Fish bones

However, if such bones are used which I do not recommend, the resulting stocks take the name of the fish bones that were used like salmon stock, tuna stock, etc.



The entire fish carcass can be used but it should be cut up with a cleaver or heavy knife for easy handling and even extraction of flavors. After cutting, the pieces should be rinsed well in cold water to remove blood, loose scales, and other impurities.

Important note:

When fish heads from large fish are used the eyeball should be removed and discarded by cutting the optical nerve with scissors. When cooking, the eyeballs release cloudiness and bitterness to the stock which is very unpleasant.

Lamb bones

Lamb, turkey, duck, game and ham bones can also be used for white or brown stocks. While mixing bones is generally acceptable, be careful of blending strong-flavored bones such as lamb or game, with veal, beef or chicken bones. The former's strong flavor may not be appropriate or desirable in the finished product.



Bouquet Garni

The bouquet garni (French for "garnished bouquet") is a bundle of herbs usually tied together with a string to prevent them from dispersing in the liquid and mainly used to prepare soup, stock, and various stews. It could be tied to a green part of a leek, or in a piece of cheesecloth.

The bouquet is boiled with the other ingredients but is removed prior to consumption. Occasionally when the liquid is going to be strained, like a stock, for example, a loose bouquet can be added.

There is no generic recipe for bouquet garni, but most recipes include parsley, thyme, and bay leaf. Depending on the recipe, the bouquet garni may include basil, thyme, chervil, rosemary, peppercorns, savory and tarragon.

Bouquet Garni

Bouquet garni is a selection of aromatic plants and spices used to flavor a sauce, stock, or other dishes. They are usually tied together in a small bundle to prevent them from dispersing in the liquid and removed before serving.



Prep Time: 5 mins

Ingredients

Parsley, sprigs only

Fresh Thyme

Whole Black Pepper

Bay leaf folded and tied to a leek, green part only

Instructions

Place the bay leaf, thyme, parsley and celery on one piece of green leek. Cover with the remaining piece of green leek. Tie securely with fine string, leaving a length of string attached so that the bouquet garni can be easily retrieved.

Notes

The composition of a Bouquet Garni may vary, and it may also include, like in Provence, some rosemary. The herbs can be enclosed in a small cheesecloth bag. The size of a Bouquet Garni will depend on the size of your pot.

MIREPOIX

Mirepoix is the French name for a combination of vegetables. Mirepoix, either raw, roasted or sautéed with butter is the flavor base for a wide number of dishes, such as stocks, soups, stews, and sauces.

Normally onion, celery and carrot are used and these are cooked slowly in butter until they are very tender. Thyme and bay are often added. These three ingredients are commonly referred to as aromatics. Similar such combinations, both in and out of the French culinary repertoire, may include leeks, parsnips, garlic, tomatoes, shallots, mushrooms, bell peppers, chilies, and ginger.

Mirepoix have derivative such as Matignon that may content ham or pork belly. They may be used in various combinations, as dictated by the cuisine and the dish itself.

Traditionally, the basic ratio of ingredients is two parts onion, one part carrot, and one part celery, by weight. Because Mirepoix is not usually eaten, the vegetables, except the onions, do not have to be peeled. When making a white stock, or fond blanc, parsnips may be used instead of carrots to maintain the pale color.

The size of the Mirepoix may vary accordingly to the cooking time. The vegetables should be trimmed and cut into a size that will allow for good flavoring extraction.

1. Fish fumet and Court Bouillons should have Mirepoix that has been cut small. (about ¼ inch)
2. Stocks that will simmer for 2 hours may use a medium-cut Mirepoix (1/2 inch)
3. Stocks that will simmer for over 2 hours may use a large-cut Mirepoix (1 inch)
4. The size of the cut will depend on how the Mirepoix is to be used

Origin:

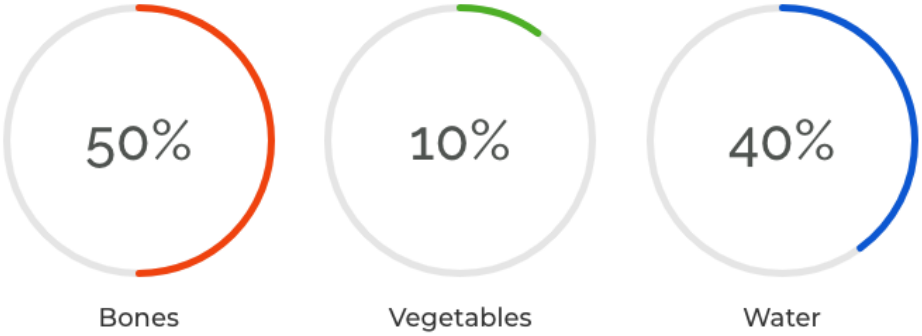
Mirepoix derives its name as many other elements of French cuisine, from the patron of the chef who established it. In this case, one of the houses of the Lévis, Seigneurs of Mirepoix, since the eleventh century and a famous name in Languedoc. The particular member of the house of Lévis whose chef is credited by the Dictionnaire de l'Académie Française with giving a name to an old technique is, Charles-Pierre-Gaston François de Lévis, Duc de Lévis-Mirepoix (1699-1757), Maréchal de France and Ambassador of Louis XV.

STANDARD RATIO OF INGREDIENTS

A generally accepted ratio of ingredients by weight for a given amount of water is:

- 50% of bones (by weight)
- 10% of Mirepoix (by weight)
- 40% water (by weight)

For example, to produce 2.6 gallons (10 liters) of finished stock, you will need 11 pounds (5 kilos) of bones and 2.2 pounds (1 kg) of Mirepoix.



TYPES OF STOCKS

Vegetable Stocks



A wide range of vegetables can be used to make stock, but not beetroot, which will turn the stock purple, or potato, which will make it cloudy. Most cabbages, as well as Brussels sprouts, artichokes, green bell pepper, and spinach, are also unsuitable. Fresh or dried mushrooms will give a full-bodied, 'meaty' flavor and dark color.

Meat Based Stocks



Beef and chicken stocks (white or brown) are straightforward to make and are the most versatile stocks to have on hand. Veal stock is the secret ingredient of many restaurant kitchens but the bones are not always available. You may substitute veal bones to beef bones. Lamb and ham stocks have strong flavors that make them less versatile than other stocks, but they are a worthwhile addition to the freezer for dishes containing those meats.

There are two main styles of meat-based stocks:

- A white stock (fond blanc) is prepared by placing the ingredients directly into the cooking liquid.
- In a brown stock (fond brun) the ingredients are first browned in the oven.

Sauces made from a white stock are called white sauces. All sauces made with a brown stock are always called brown sauces. Use brown stocks for gravies, meaty soups, and rich stews and white stocks for lighter dishes and sauces.



Poultry stocks are made from raw meat and for food safety, I do not recommend cooked meat such as leftovers from a roast chicken. If giblets are available, they should be included. When made with the bones of duck, goose, partridge, pheasant, venison, or a mixture of these, the resulting liquid is called game stock.

Fish and Shellfish Stocks



Fish stock is quick to make. It is one of the white stocks. Unlike meat stocks, the bones should not be simmered for longer than 30 minutes or the resulting stock may taste bitter. For a more intense flavor, strain the mixture, discard the bones and continue simmering the liquid.

Shellfish can be used for stock, although the bones of oily fish varieties (herring, mackerel, salmon, trout and so on) are unsuitable as they carry flavors that are too strong.

Dashi Stocks



Dashi is a Japanese stock made from water, dried bonito fish shavings, and kombu seaweed. It's quick to prepare and is deployed in a wide range of dishes. The stocks of Chinese cuisine (chicken, fish, and vegetable) are similar to European recipes but are given an oriental flavor with aromatics such as fresh ginger, spring onions, and garlic.

Court Bouillon



Court bouillon (short broth), is not a stock in itself but aromatic liquid used to cook fish, some pieces of meat and some vegetables. The term “court” (short”) refers to the fact that the “bouillon” (broth) is cooked for a short time before being used for cooking the main ingredient. The court bouillon is never used in the finished dishes.

Nage



Nage (swim) is very similar to court bouillon as it has a short cooking time as well, but it differs to it as the vegetables used to make the nage is served in the final dish, white wine is added to the broth and is mainly used to cook shellfish. The vegetables are cut so that they look appealing. Serving the vegetables helps to keep the moisture in the shellfish.

STEP-BY-STEP STOCK MAKING

Start the Stock in Cold Water: The stock making ingredients should always be covered with cold water. When bones are covered with cold water, blood and other impurities dissolve. When the water heats, the impurities coagulate and rise to the surface. They can then be removed by skimming. If you used hot water first, the impurities would coagulate too quickly and remain throughout the water.

Simmer the Stock Gently: The stock should be brought to a boil and then reduced to a simmer. Rapid boiling of a stock causes impurities and fats to blend with the liquid.

Skim the Stock Frequently: A stock should be skimmed often so the stock does not become cloudy with impurities.

Strain the Stock Carefully: The liquid must be separated from the bones, vegetables and other solid ingredients, once a stock is finished cooking. In order to keep the liquid clear, it is important not to disturb the solid ingredients when removing the liquid.

1. Skim as much fat as you can from the surface before removing the stockpot from the heat.
2. After removing the pot, ladle the stock from the pot without stirring it.
3. Strain the stock through a china cap with several layers of cheesecloth.

Cool the Stock Quickly: You must cool a stock carefully to prevent food-borne illnesses or souring.

1. Keep the stock in a metal container. A plastic container slows cooling because it insulates.
2. Vent the stock in an empty sink by placing it on a rack. Fill the sink with water. This allows water to circulate on all sides and below the pot.
3. Stir the stock frequently while in the sink for quick, even cooling.

Store the Stock Properly: Once the stock is cooled, transfer it to a covered container either metal or plastic. Then put it in the refrigerator. As the stock refrigerates, a layer of fat will form over the top which helps to preserve the stock.

Degrease the Stock: To degrease is to remove fat from the surface of a liquid such as a stock or sauce by skimming, scraping or lifting congealed fat.

There! Hopefully, armed with the few simple steps I have laid out for you, you will be excited and prepared to create what will surely be the first of many great stock making adventures.

TROUBLESHOOTING CHART

Use this chart to troubleshoot your cooking stocks.

Troubleshooting Chart for Stocks		
Problem	Reason	Solution
Cloudy	Impurities in the stock Stock boils too much during cooking	Start stock in cold water Strain through layers of cheesecloth or pass through coffee filter. Skim stock often to remove impurities.
Lack of flavor	Not cooked long enough Inadequate seasoning Improper ration of bones to water	Increase cooking time Add more flavoring ingredients Add more bones Reduce liquid to concentrate flavors
Lack of color	Improperly caramelized bones and Mirepoix Roasting pan was not deglazed Not cooked long enough Wrong bones used Not enough tomato paste	Caramelize bones and Mirepoix Degrease and deglaze the pan to dissolve all the caramelized flavors. Cook longer
Lack of body, thickness	Wrong bones used Insufficient reduction Improper ratio of bones to water	Use bones with a higher content of connective tissue Cook longer Add more bones
Too salty	Commercial base used Salt added during cooking	Change base or make your own stock Do not salt stock

HOW TO DEGREASE A STOCK

There are two methods for degreasing a stock: the hot or the cold method.



Hot Method



Cold Method

Cold Method

There are two methods for degreasing a stock. The simplest, which is ideal for making stock in advance, is to let the stock cool and to place it uncovered in the refrigerator until the fat has hardened on the surface and can be scraped off.

Hot Method

The other method is useful when you want to use the stock immediately, which is to let the stock settle for five minutes and then to remove as much of the fat as possible from the surface with a spoon or ladle. Afterward, draw scraps of paper toweling over the top of the stock to blot up the last globules of fat.

Before using the stock, taste it for strength. If the flavor is too weak, boil it down. After the stock has been degreased it may be boiled to evaporate some of the water content and to concentrate the flavors.

Storage Notes: When the stock is cold, cover and refrigerate it or put it into small tightly sealed containers and freeze it. Stock kept in the refrigerator will stay good to use for 3 – 4 days but would have to be boiled before use.

HINTS AND TIPS

Making stocks

Trimmings, scraps, vegetable peelings, and herb stalks can be incorporated in stocks but remember the stock pot is not a substitute for the trash bin. Ingredients should still be clean and of good quality.



If you want to intensify the flavor of meat or poultry stock, use more bones, giblets, and trimmings rather than trying to simmer the ingredients for a longer period. Never let stocks boil on high heat as this will make the fat in the ingredients emulsify, giving a cloudy appearance and greasy taste. Instead, cook at a gentle simmer, making sure that the liquid covers the ingredients at all times during the cooking process.

Skimming the fat and froth that forms on top of the simmering stock is essential to achieve a clear result, the way that Chef Eric demonstrates in his videos recipes. Once the stock has been strained and the solids discarded, the liquid should be skimmed again. A well-made stock should be delicious enough to eat on its own.

Storing and freezing stocks

When a stock is made with plenty of bones, it sets on cooling, to a jelly that can be stored in the fridge for up to five days. Thinner, more liquid stocks can be stored and chilled for up to three days. However, if you use up the stock quickly, it is generally better to make a large batch and store it into convenient portions in the freezer, where it will keep for three months.

To save space, reduce the strained liquid by rapid boiling. This concentrated stock can then be frozen in ice cube trays, ready to add in small amounts to dishes as required.

VEGETABLE STOCKS

VEGETABLE STOCK RECIPE

With the exception of cabbages, broccoli, cauliflower, green bell pepper and eggplant which can overpower the flavor of vegetable stock, you can use all kinds of vegetables for this stock. The flavor will vary slightly, depending on the combination of vegetables that you use.

Be aware that some vegetables, such as squash, can color your broth.

This vegetable stock recipe makes approximately 4 liters (1 quart). Rich in flavor, this stock is the perfect substitute for vegetarians.



Preparation Time: 15 min

Cooking Time: 2 hrs

Total Time: 2hrs 15 min

Serves: 8 liters

VEGETABLE STOCK RECIPE

Ingredients

5 medium onions, peeled and diced

5 medium carrots, peeled and cut in Mirepoix

4 stalks celery, cut in Mirepoix

2 small medium leeks, split lengthwise and washed

0.5 medium fennel bulb, trimmed, and cut in half

2 small heads of garlic, cut crosswise in half

5 medium crushed tomatoes

12 medium button mushrooms

1 small Bouquet Garni

1 bunch Italian parsley, washed

1.5 teaspoons white peppercorns

1.5 teaspoons coriander seeds

1.5 teaspoons juniper berries

8 liters water

Instructions

1. Put all of the ingredients in a tall stockpot. Bring to a boil. Lower the heat and simmer for 2 hours, frequently skimming the foam from the surface.
2. Strain the stock in a colander and then through a fine sieve. Discard the solids. Cool to room temperature, then cover and refrigerate. The stock can be kept tightly sealed in the refrigerator for three days or frozen for up to a month.

Notes

1. You may freeze the stock in a 1-quart (1 liter) container for up to 3 months.

2. Mirepoix refers to a French vegetable cut composed of a mix of chopped onion, carrot, and celery used to flavor stocks and soups.

3. Ham or bacon are sometimes added to a Mirepoix, depending on the specific preparation. But not into this vegetarian recipe.

MUSHROOM STOCK RECIPE

You may make this stock with any type of edible mushrooms. The flavor will be rich and intense. You can use it to make mushroom soups, sauces, and stews. I like to add some dry shiitake mushrooms as it gives the stock depth and great flavor. Dry mushrooms are available in the Asian section of most grocery stores.

Mushroom stock makes the perfect base for soups, stews, gravies, and risottos.



Preparation Time: 10 mins

Cooking Time: 1 hr 10 mins

Total Time: 1hr 20 mins

Serves: 6 cups

MUSHROOM STOCK RECIPE

Ingredients

1 tbsp olive oil, extra virgin

1 lb sliced mushrooms

1 oz dried mushroom, sliced

1 medium onion, finely sliced

1 medium carrot finely sliced

2 medium garlic cloves, chopped

1 clove, whole

1 tsp fine sea salt

1/2 tsp peppercorns, whole

6 parsley sprigs, coarsely chopped

3 fresh thyme sprigs

2 medium bay leaves

9 cups water, cold

Instructions

1. In a stockpot, sauté the button mushrooms and dried shiitakes in olive for about 4 to 6 minutes. Add the onion, carrot, garlic, clove, salt, peppercorns, parsley, thyme, and bay leaves to a stockpot.
2. Add the water to cover the mushrooms by one inch, and simmer for one hour.
3. Check it periodically to see if you need to add water. Add as little as necessary.
4. Strain the stock, simmer for another 10 minutes to reduce and concentrate it further, and use it in your favorite recipe.

SHORT STOCK > COURT BOUILLON

Court Bouillon is a spiced aromatic liquid used for cooking fish, shellfish or white meats. Food cooked in the liquid will absorb the flavor of its ingredients. Court-Bouillon is “short stock” in French because the cooking time is brief in comparison with a rich and complex stock, and generally is not served as part of the finished dish. Since delicate foods do not cook for very long, it is prepared before the foods are added.

Depending on what you are poaching, the acid ingredient might vary. As a rule of the thumb, white wine or lemon is used when poaching fish as it makes the flesh slightly firmer and white vinegar when poaching shellfish as the vinegar keeps the flesh firm and makes the shell softer.



Preparation Time: 10 mins

Cooking Time: 20 mins

Resting Time: 10 mins

Total Time: 40 mins

SHORT STOCK > COURT BOUILLON

Ingredients

20 cups water

3 freshly squeezed lemons

1 tablespoon sea salt

1 pound Mirepoix, cubes of carrot, onion, and celery

1 bouquet garni

Instructions

1. In a large pot, combine all ingredients and bring to a boil. Reduce heat and simmer for 30 minutes. Remove from heat and let stand for 10 minutes. Strain and use immediately or cool and refrigerate.
2. The liquid must completely cover the ingredients at all times. Makes approximately 4 liters

SHORT STOCK > NAGE

Nage means literally “swimming”. It is an aromatic court-bouillon in which crayfish, small lobsters and prawns are cooked. Dished prepared in this way are described as “à la nage”.



Preparation Time: 5 mins

Cooking Time: 15 mins

Total Time: 20 mins

Serves: 3 liters / 3 quarts

SHORT STOCK > NAGE

Ingredients

8 cups cold water

1 medium onion, peeled and finely sliced into rings

2 medium celery ribs, finely sliced

2 medium carrots, finely sliced

12 whole peppercorns

0.5 cup dry white wine

1 small bouquet garni

2 tsp fennel seeds or a couple of star anise

1 tbsp salt

Instructions

Put all the ingredients into a pot with the water. Bring to the boil and simmer gently for 15 minutes.

Notes

Ideally, this should be left overnight to infuse and then re-boiled when ready to use.

RECIPES

To Practice Vegetable Stocks

ROASTED GARLIC POTATO CREAM SOUP AND PRAWNS SAUTÉED WITH BASIL

In this recipe, you will learn how to roast garlic, make a pureed soup, make basil oil, clean and cook prawns.



Preparation Time: 15 mins

Cooking Time: 35 mins

Total Time: 50 mins

Serves: 4

ROASTED GARLIC POTATO CREAM SOUP AND PRAWNS SAUTÉED WITH BASIL

Ingredients

3 large heads of garlic, roasted

1 tbsp olive oil, extra virgin

1 medium brown skinned onion, finely sliced

2 lb potatoes, washed, peeled and cubed

6 cups chicken or vegetable stock, homemade

Salt and white pepper, to taste

1.5 cups whipping cream (35%)

2 large tiger prawns per guest, 16-20 count size shelled, deveined and diced

0.25 cup basil oil

Instructions

Make the Soup:

1. Peel, cut and keep aside the onion. Peel, cut and reserve the potatoes in cold water. Wash and strain the potatoes.
2. In a pot, warm the olive oil. Add the onion and sauté for two minutes without coloring the onion. Add cut potatoes and cover with stock. Taste and rectify seasoning if necessary.
3. Bring to a boil and reduce the heat to simmer. Boil for 20 minutes.

Meanwhile:

1. Peel, devein, cut and reserve the prawns.
2. Check if potatoes are cooked, then add the cream. Simmer for 5 minutes. Clean the roasted garlic by squeezing the heads and discarding the peels. Add the roasted garlic to the soup. Cook for 2 minutes.
3. Process the soup in a blender or a hand blender. Process until the soup becomes totally smooth. Taste and rectify seasoning if necessary.

Just Before Serving:

1. In a non-stick pan heat half tablespoon of olive oil. Add and sauté the cut prawns on high heat. Cook for a maximum of two minutes. Turn off the heat and toss with basil oil. To keep it green, do not cook anymore. Strain to remove any fat and reserve.
2. Serve the soup in heated or warm soup bowls. Add the prawns on top. Garnish with basil oil and finish with ground pepper.

ROAST GARLIC RECIPE

Even those who dislike garlic will be smitten with the roasted flavor.



Preparation Time: 4 mins

Cooking Time: 40 mins

Total Time: 44 mins

Serves: 6

ROAST GARLIC RECIPE

Ingredients

3 large heads of garlic, same size

3 tsp olive oil, extra virgin

Salt and pepper, to taste

12-inch-Aluminum foil

Instructions

1. Set the temperature of your oven at 350ºF / 175ºC.
2. Cut off the top part of the garlic heads and do not peel. Leave them whole. Place the garlic on a piece of foil and season with salt and pepper. Add 1 teaspoon of olive oil on the head of the garlic.
3. Wrap them in foil. Bake for about 40 minutes.
4. Check the roasted garlic. The cloves should be soft.
5. Clean the roasted garlic by squeezing the heads.
6. Spread on bread, serve as a garnish or use it in your recipe.

ORANGE BUTTERNUT SQUASH SOUP WITH GINGER PRAWNS AND RED BELL PEPPER COULIS

A beautiful tasty and elegant soup, you can substitute the squash with acorn or banana and even pumpkin. With this recipe, you will learn what a coulis is and how to use ginger.



Preparation Time: 30 mins

Cooking Time: 55 mins

Total Time: 1 hr 25 mins

Serves: 6

ORANGE BUTTERNUT SQUASH SOUP WITH GINGER PRAWNS AND RED BELL PEPPER COULIS

Ingredients

Ingredient list for the soup:

2 tbsp olive oil, extra virgin

1 medium onion, chopped

4 4 garlic cloves, minced

2.5 lb butternut squash, peeled, seeded, cut into 1-inch pieces

4 cups vegetable stock

2 cops orange juice

Salt and white pepper, to taste

2 tbsp fresh cilantro, finely chopped

Red Pepper Puree (coulis):

1 medium red bell pepper, seeded, cut into 1-inch pieces

Salt and white pepper, to taste

Water

Ginger prawns:

12 large tiger prawns or shrimps in the shell (about 1 lb), peeled and deveined

1 tbsp fresh ginger, peeled and finely grated

2 tbsp olive oil, extra virgin

1 medium tomato, diced

Instructions

1. Start the soup: Heat oil in a heavy large pot over medium-high heat. Add the onions. Sauté until tender (about 5 minutes). Add the garlic. Stir for 1 minute. Add squash, vegetable stock, and orange juice. Bring to boil. Reduce heat, cover and simmer until the squash is soft for about 40 minutes. Cool slightly.
2. Red pepper coulis: Place the pepper in a small saucepan. Cover it with just enough water and add a pinch of salt. Bring to a boil and when the vegetables are soft, turn off the heat, strain the solids but reserve the liquid.
3. Put the pepper in a blender with only enough of the reserved liquid to make it thin. Process until thin and add extra liquid to adjust the consistency. Then strain the coulis through a sieve to remove any bits of peel. Season and keep refrigerated.
4. Prepare the prawns: Toss prawns with ginger, olive oil, tomatoes in a bowl and marinate. Chill for 30 minutes.
5. Finish the soup: Working in batches, purée soup in a blender until very smooth. Thin the soup with more broth if desired. Simmer for 3 minutes, taste and rectify the seasoning with salt and pepper. Stir in the freshly chopped cilantro.
6. Sauté the prawns in the remaining tablespoon of olive oil, season with salt and pepper and cook for about 5 minutes.
7. Ladle soup into bowls. Swirl 1 tablespoon Red Pepper Puree into soup in each bowl. Add 2 large prawns per plate. Spoon the tomato over the soup and garnish with few cilantro leaves. Serve hot

PEELING AND DEVEINING SHRIMPS AND PRAWNS

Though it's convenient to purchase pre-peeled shrimps and prawns, preparing them yourself is not difficult and well worth the effort if you use fresh seafood.



Preparation Method:

Grasp the shrimp or the prawn firmly and snap off the head, if your fish seller has not already removed it. Remove the legs and the head by pulling them back. Slip off the tail, if desired. You may leave the tail intact for certain recipes. Use a small, sharp knife to make a shallow cut along the back edge of the shrimps or prawns, exposing the dark "vein" which is actually its digestive tract. Scrape out the vein with the tip of your knife. This is most easily accomplished while holding the shrimp or prawn under fast-running water. Sometimes the vein is also pulled out when the head is removed.

Note!

It is normal for some shrimps or prawns to have a more pronounced vein than others. If no dark vein is present, simply give the shrimp or prawn a quick rinse.

RED BELL PEPPER COULIS

A coulis is a thin purée, usually made of fruits or vegetables either fresh or cooked, which have been made soft enough to pour. A Coulis can be rough in texture or very smooth.



Preparation Time: 5 mins

Cooking Time: 20 mins

Total Time: 25 mins

Serves: 1 cup

RED BELL PEPPER COULIS

Ingredients

1 medium red bell pepper, seeded and cut in cubes

1 pinch salt, to taste

1 pinch white pepper, to taste

Water, to cover

Instructions

1. Place the pepper in a small saucepan, barely cover it with water and add a pinch of salt. Bring to a boil and when the vegetables are very cooked, turn off the heat, strain the solids but reserve the liquid.
2. Put the red bell pepper in a blender with only enough of the reserved liquid to make it thin. Process until thin, add extra liquid to adjust the consistency. Then strain the coulis through a sieve to remove any of the peel bits. Season and keep refrigerated in a squeeze bottle.

POACHED PRAWNS “A LA NAGE”

This is a classic French way of cooking large prawns or crayfish in a fragrant Court Bouillon. The Court Bouillon can be varied but the main fragrance comes from aniseed-flavored herbs and spices like fennel, star anise, and dill.



Preparation Time: 10 mins

Cooking Time: 20 mins

Total Time: 30 mins

Serves: 4

POACHED PRAWNS "A LA NAGE"

Ingredients

8 cups water, cold

1 medium onion, peeled and finely sliced into rings

2 medium celery ribs, finely sliced

2 medium carrots, finely sliced

12 whole peppercorns

0.5 cup dry white wine

1 small bouquet garni

2 tsp fennel seeds or a couple of star anise

1 tbsp salt

2 lb large prawns or crayfish

Instructions

1. Put all the ingredients except the prawns or crayfish into a pan with the water. Bring to the boil and simmer gently for 15 minutes. Ideally, this should be left overnight to infuse and then re-boiled when ready to use.
2. Add the prawns or crayfish to this 'nage' and simmer for 5-6 minutes. Take them out and serve hot in a bowl with some of the Court Bouillon strained over them and scatter with a few sprigs of dill or dill flowers.

Notes

You may serve it with Mayonnaise mixed with chopped dill and or lemon. Finger bowls would be useful too.

This is a classic French way of cooking large prawns or crayfish in a fragrant Court Bouillon. The Court Bouillon can be varied but the main fragrance comes from aniseed-flavored herbs and spices like fennel, star anise, and dill.

POACHED LOBSTER IN COURT BOUILLON

Lobsters are in season from June through September, but you can get them any time of year. August is molting time, and you will find there is less meat in a lobster during this period.



Preparation Time: 5 mins

Cooking Time: 10 mins

Total Time: 15 mins

POACHED LOBSTER IN COURT BOUILLON

Ingredients

1 lobster, about 2 lb

1 recipe of Court Bouillon

Instructions

1. I really encourage you to boil your lobster in a Court Bouillon, or in salted water. When boiling lobsters, use a pot large enough to hold 1 or 2 lobsters at a time, allowing 3 quarts of Court Bouillon per lobster.
2. If boiling in water, add 1 tablespoon of salt per quart. When the water comes to a rolling boil, submerge live lobsters one at a time. Return water to a boil.
3. Lower heat to simmer and boil 6 minutes per pound of lobster. The tails should begin to float toward the surface once the lobsters are cooked.

Notes

Scientists agree that because of the size of their brain and the way it is, lobster doesn't suffer when they are plunged in boiling water. The "noises" that you may hear is air evacuating from the shell under the pressure created by the heat.

WHITE STOCKS

INTRODUCTION

White beef stock and white veal stock are the same except that you would use beef bones for the first and veal bones for the later.

A stock usually used for making clear soup or white cream sauces, make sure to keep the stock boiling slowly, and all ingredients totally cover by the liquid. Sometime white veal or beef stock are called “Marmite” and it is used as a base for beef consommé. In cooking, a consommé is a type of clear soup made from richly flavored stock or bouillon that has been clarified usually through a fining process involving egg protein.

Rule of thumb

White stocks are used in white sauces and therefore should be clear. They are made by combining all the ingredients with water and simmering them over gentle heat.

There are three main of white stocks:

- White beef stock / White veal stock
- Chicken stock
- Fish Stock also called fish fumet or “fumet de poisson”

In this lesson, you will also learn about “short stocks”. Short stocks are used as poaching liquid only and not to make sauces or other dihes.

FISH STOCK RECIPE

Fish stock is quick to make. It is one of the white stocks. Unlike meat stocks, the bones should not be simmered for longer than 30 minutes or the resulting stock may taste bitter. For a more intense flavor, strain the mixture, discard the bones and continue simmering the liquid.

Shellfish can be used for stock, although the bones of oily fish varieties (herring, mackerel, salmon, trout and so on) are unsuitable as they carry flavors that are too strong.

Fish stock is also called fish fumet and it is a basic cooking skill. The idea is to extract the fish flavors by cooking fish bones in water with an aromatic garnish originally made to extend or to enhance flavors or to make sauces.



Preparation Time: 15 mins

Cooking Time: 30 mins

Total Time: 45 mins

FISH STOCK RECIPE

Ingredients

6 pounds of fish bones white bones only

1 medium onion

1 small leek, white part only

1 stalk celery

1 small carrot

1 small Bouquet Garni

3 whole peppercorns, crushed

2 tablespoons olive oil

4 liters cold water

1 cup white wine, optional

Instructions

1. With a paper towel, remove any excess blood, and the eyes if you are using the whole fish. Wash the fish bones under cold running water for 10 minutes. Remove all impurities with your fingers. Run under cold water for ten more minutes. Drain in a colander.
2. Meanwhile, cut the vegetables to make a paysanne (a paysanne is a mixture of vegetables cut into small squares or triangles). Place the olive oil in a large saucepan and warm it on low heat. Add the paysanne, and sweat on low heat for 8 minutes, without browning. Add the fish bones and sweat for five more minutes. Add the white wine (optional) and sweat for five more minutes. Add the Bouquet Garni and the cold water.
3. Ensure that the ingredients are cover by 2 centimeters (1 inch) of liquid. On medium heat, bring the fish stock almost to a boil. Reduce heat and simmer. Skim the surface every 10 minutes to remove foam and impurities. Cook for a maximum of 30 minutes. Turn the heat off and let stand for 30 minutes. Strain through a fine strainer, cool, and refrigerate. A layer of fat will solidify on the surface when the stock cools. Using a skimmer, remove the fat. Use a paper towel to absorb any remaining fat.

Notes

Fish Stock may be reduced by half, and mushroom trimmings may be added to enhance flavor. You may freeze your stock in a 1-quart (1 liter) container for up to 3 months.

Do's and Dont's!

- Make sure the fish bones you use are from lean fish such as snapper, sole, halibut, pike bones etc., and do not use fatty fish such as salmon or trout bones, that is way too fatty and strong in flavors.
- Cook your stock for up to 30 minutes and let it infuse off the heat for 10 minutes before straining. Do not boil it for longer than 30 minutes, as a bitter taste will start to exude from the fish bones and acidity might develop if white wine has been used.

- Do not cook fish heads in your stock with the eyes balls. Take them out as it makes the fish stock cloudy and sometimes bitter.

CHICKEN STOCK RECIPE

Chicken stocks must be done with raw bones, not with already cooked bones. Do not recycle your turkey – it is not safe!



Preparation Time: 10 mins
Cooking Time: 2 hrs
Chill Time: 1 d
Total Time: 2 hrs 10 mins

Do's and Dont's!

Stocks must be done with fresh raw bones, not with already cooked bones. Any carcass including poultry includes some marrow. Leftover cooked marrow has a high potential for food poisoning. Do not recycle your cooked turkey bones, because it is not safe!

Homemade fresh chicken stock is much tastier than any commercial brand; there is no doubt about it. At the market, some organic brands are alright and convenient to use, but read the small print in the ingredients. Stay away from monosodium glutamate or MSG and control the sodium content of what you buy. By doing your own fresh stock, you are actually controlling what you are eating too. Use this stock as a soup base, stew making, vegetarian cuisine or sauce making. Once the stock is prepared it will keep in the fridge for up to 4 days and freeze for up to 3 months. The possibilities are endless.

CHICKEN STOCK RECIPE

Ingredients

Yield: about 12 cups (3 liters)

1 tablespoon butter

1.5 tablespoons vegetable oil

4 pounds chicken bones

14 cups cold water

1 teaspoon rock salt

1 medium carrot

1 medium leek, white part only

1 stalk celery

1 medium onion

1 sprig thyme

4 small bay leaves

2 sprigs parsley, with leaves

12 whole black peppercorns

1 foot butcher's string

1 piece cheesecloth, 8 inches x 8 inches

Instructions

1. Make sure that the chicken bones are fresh, pink and shiny. Remove the excess fat from the bones. Rinse them under cold running water for 10 minutes.
2. Prepare a small vegetable Mirepoix: peel the carrot, and wash and cut the vegetables into 1 inch thick cubes. Prepare the Bouquet Garni; place the bay leaves, thyme, parsley and black peppercorns, on a piece of cheesecloth. Fold it into a small bundle and tie it with a double knot.
3. Cook the Chicken Stock: Strain the bones. In a stockpot, heat the butter and vegetable oil at low temperature. Add the small Mirepoix of vegetables. Sweat for 10 minutes on low heat. Add the chicken bones, Bouquet Garni, and salt. Cover with cold water.
4. Make sure that all the ingredients at with liquid. Stir and bring to a boil on high heat. When the stock boil, reduce the heat and simmer. After 5 minutes, skim the surface of the stock to remove any foam. Continue to cook for about 2 hours, frequently skimming excess foam and grease from the surface.
5. After cooking, strain the chicken stock through a fine strainer. Cool and refrigerate overnight. When the stock is cold, you can remove the excess fat more efficiently.

Notes

Optional: Add mushroom trimmings to enhance the flavors!

WHITE BEEF STOCK RECIPE

White beef stock and white veal stock are the same except that you would use beef bones for the first and veal bones for the latter.

It is a stock normally used for making clear soup or white cream sauces. Make sure you keep the stock boiling slowly, and all ingredients totally covered by the liquid.

Sometimes white veal or beef stock are called “Marmite” and they are used as a base for beef consommé. In cooking, a consommé is a type of clear soup made from richly flavored stock or bouillon that has been clarified usually through a fining process involving egg protein.

Stock usually use for making clear soup or white cream sauces, make sure to keep the stock simmering slowly, and all ingredients cover by the liquid.



Preparation Time: 10 mins

Cooking Time: 3 hrs

Total Time: 3 hrs 10 mins

WHITE BEEF STOCK RECIPE

Ingredients

Yield about 3.5 liters

4 pounds veal bones

4 liters water

2 medium carrots, sliced

1 medium onion, sliced

1 stalk celery, sliced

2 medium leeks, washed well and sliced

4 cloves garlic, crushed

1 big Bouquet Garni

Instructions

1. To prepare the veal stock, place the bones in a large stockpot and cover with the cold water.
2. Bring to a boil. Reduce the heat and skim the fat from the surface. Add vegetables and herbs. Partially cover and allow the mixture to simmer for 3 hours.
3. Add water if necessary during the cooking process. Continue to skim fat as needed.
4. Strain through a fine sieve, cool and refrigerate.

Notes

The liquid must completely cover the ingredients at all times. About stocks: One of the essential cooking fundamentals is the creation of stocks and sauces. These stock recipes will give you a solid foundation of knowledge and skills in this critical segment of the culinary arts.

DASHI STOCK RECIPE

Dashi is Japanese stock made from water, dried bonito fish shavings, and kombu seaweed. It's quick to prepare and is deployed in a wide range of dishes. The stocks of Chinese cuisine (chicken, fish, and vegetable) are more similar to European recipes but are given an oriental flavor with aromatics such as fresh ginger, spring onions, and garlic.



Preparation Time: 2 mins

Cooking Time: 5 mins

Infuse Time: 15 mins

Total Time: 22 mins

Servers: 5 cups

DASHI STOCK RECIPE

Ingredients

6 cups water, cold

3 inches dried kombu (kelp) seaweed

2 ounces

bonito (dried fish) flakes

Instructions

1. Gently wipe the kombu with a clean, damp cloth. Heat the water and kombu in a medium-sized pot, but do not boil.
2. As the water comes to a fast simmer and just before the boil, remove the kombu from the water and add the bonito flakes.
3. Turn the heat off and leave the pot uncovered for 15 minutes.
4. The bonito flakes fall to the bottom of the pan when the dashi is ready to be strained.
5. Use a fine-mesh strainer to strain the bonito flakes out of the dashi.

HINTS AND TIPS

The mark of a good stock is clarity. Here are some tips that will help you to achieve a great white stock:

Tips for rinsing, blanching, and simmering

- Rinse the bones under water before starting to remove impurities.
- Use cold water, not hot water. Hot water makes the stock cloudy and murky.
- After bringing the water to a boil, turn the heat down and simmer.
- Boiling moves the scum around making it impossible to remove.
- Don't stir the stock or it might get cloudy and murky.
- When pouring the stock through a fine mesh strainer or chinois, ladle it instead of pouring it so that the impurities don't get forced through the sieve by sheer force.
- After refrigerating overnight, the fat coagulates on the top making it easier to remove.

Tips for skimming

- Skim often, about every 10 minutes, to remove the scum or proteins as they rise to the surface. After a while, there won't be as much scum to remove.
- Add the vegetables (mirepoix) after the bones and water have come to a boil the second time so that it's easier to remove the scum.
- Use a bouquet garni to hold all the aromatics and herbs so that you don't skim them off with the scum. Slip the bouquet garni under a piece of meat so that it doesn't get in the way of skimming.

Tips for flavoring

- Use the meat on the bones for extra flavor. However, to save money, just use the bones.
- Like the saying that you should never use wine you wouldn't drink to flavor a dish, you shouldn't add parts of vegetables that you wouldn't eat (like carrot peels). I don't think your stock should be like a compost bin.
- Cover the bones with water, just to cover. More water makes the stock less flavorful and diluted.
- After you've made the stock, you can reduce it by half for more flavors. This reduced stock can be stored in ice cube trays in the freezer.

Tips for avoiding bacteria and storage

- When the stock is finished, you must cool the stock quickly to avoid bacteria growth. Bacteria love to grow between 40˚-145˚F.
- To cool it quickly, pour a bunch of ice in a sink and put the bowl of strained stock on top. Stir to cool quickly.
- Another idea is to fill a freezer bag full of ice and drop it into the bowl of strained stock.
- Stock will keep in the refrigerator for 2-3 days. It will keep for several weeks in the refrigerator if you boil it every day. It freezes well, but thaw it and bring it to a boil before using.

RECIPES

To Practice White Stocks

FRENCH ONION SOUP

In this recipe, you will learn to peel, slice and sauté onions to make an easy and delicious soup. Onion soup is a French tradition after big parties including wedding before the guests leave in the early morning.

This soup is a classic in French cooking. The key is to perfectly sauté the onions until golden brown to maximize the release of flavors.



Preparation Time: 15 mins

Cooking Time: 1 hr 15 mins

Total Time: 1 hr 30 mins

Servers: 4

FRENCH ONION SOUP

Ingredients

1 tablespoon butter

1 teaspoon vegetable oil, extra virgin

2 medium onions, sliced

1 clove garlic, chopped

0.25 teaspoon dry thyme

0.25 teaspoon dry basil

1 bay leaf

1.5 tablespoons flour

1 tablespoon tomato paste

2 cups beef stock

1 cup water

Salt and fresh ground black pepper, to taste

GARNISH

8 slices French baguette

0.5 cup Gruyere cheese, grated

Instructions

1. Make the soup: Melt butter in a 4-quart saucepan. Stir in sugar. Cook onions over medium heat for 10 minutes, or until golden brown. When the onion juices start to brown and stick to the bottom of the pot, deglaze with a 1/2 cup of water and stir well. This will prevent the onions from burning and will transfer the color from the bottom of the pot to the sliced onions. You may do this a couple of time depending on how sweet and juice your onions are.
2. Stir in flour until well blended with the onions and pan juices. Add tomato paste and cook for 2 minutes. Add water, wine, and beef cube; heat to boiling. Reduce heat to low. Cover soup, and simmer for 15 minutes.
3. Make the garnish and serve: While the soup is simmering cut the baguette into slices. Grill the bread until it is toasted.
4. Ladle soup into four 12 ounces, oven-safe bowls. Place 2 slices toasted bread, side by side, on top of the soup in each bowl. Cover toasted bread with grated Swiss cheese. Place soup bowls on a cookie sheet for easier handling.
5. Bake at 425 °F (220 ° C) for 10 minutes, or just until cheese is melted and golden brown.

Notes

Brown skins onions are usually referred to Spanish onions. You may use brown and white onions to make the recipe, it will slightly change the flavor but it will remain tasty.

ITALIAN FISH SOUP

For a country where almost every region has a coast, it is hardly surprising that Italy has almost as many versions of this fish soup as there are fish in the sea. This recipe includes suggestions for fish varieties, but ask your fishmonger what's best on the day.



Preparation Time: 45 mins

Cooking Time: 1 hr

Total Time: 1 hr 45 mins

Servers: 6

ITALIAN FISH SOUP

Ingredients

FISH STOCK

10 ounces firm white fish fillets, such as monkfish, red mullet or cod, skin removed, cut into large cubes, bones reserved

1 small onion, roughly chopped

1 medium carrot, roughly chopped

0.25 cup parsley

CROSTINI

3 tablespoons olive oil, extra virgin

2 cloves garlic, crushed

4 slices country-style bread, such as Ciabatta

GARNISH

0.5 pounds squid tubes

4 tablespoons olive oil

1 medium onion, finely chopped

1 stalk celery, finely chopped

1 medium carrot, finely chopped

2 cloves garlic, finely chopped

2 pinches cayenne pepper

12 large shrimps

1 bulb fennel, trimmed and thinly sliced

0.5 cup dry white wine

14 ounces can, chopped tomatoes

8 large scallops, cleaned

Instructions

1. To make the fish stock, rinse the fish bones in cold water, removing any blood or innards. Peel and devein the shrimp and put the fish bones and shrimp shells in a large saucepan with just enough water to cover. Bring slowly to a simmer, skimming any foam from the surface. Add the onion, carrot and the stems from the parsley, then simmer gently for 20 minutes.
2. Strain through a fine colander and measure 6 cups stock. If there is a little less than this, add a little water. If there is more than this, put the strained stock back into a clean saucepan and simmer until reduced to 6 cups.
3. Lie the squid out flat, skin side up, and score a crisscross pattern into the flesh, being careful not to cut all the way through. Slice diagonally into bite-size strips.
4. Heat the oil in a large saucepan and cook the onion, celery, fennel, carrot, garlic and roughly chopped parsley over medium heat for 5 to 6 minutes or until soft but not browned. Add the cayenne pepper and season well.
5. Add the white wine, increase the heat and cook until it absorbed Stir in the tomatoes, then add the fish stock and bring to a boil. Reduce the heat and simmer for 20 minutes.
6. Add the squid to the pan with the fish pieces and simmer for 1 minute. Add the scallops and shrimp and simmer for another 2 minutes. Taste and rectify the seasoning if necessary.
7. To make the crostini, heat the olive oil and crushed garlic in a large frying pan over moderately low heat. Add the slices of bread and fry on both sides until golden. Place a slice of bread into each of four warmed serving bowls. Ladle the soup on top and serve immediately.

FISH SOUP OF MARSEILLE

This is the best and easiest way to prepare fish soup. Ask your fishmonger to clean and chop the fish heads for you, including the removal of the gills and eyes. This is the traditional fish soup recipe of the French Mediterranean coasts – all the flavors of the Provençal coasts are found in this soup.



Preparation Time: 45 mins

Cooking Time: 3 hrs

Total Time: 3 hrs 45 mins

Servers: 8

FISH SOUP OF MARSEILLE

Ingredients

4 tablespoons olive oil, extra virgin

1 medium orange, skin grated, peeled and quartered

4 pounds snapper heads, gills and eyes removed, chopped

0.5 cup dry white wine

1 large carrot, peeled and sliced

2 medium onions, peeled and sliced

1 head garlic, split in half

2 stalk celery, sliced

1 small head of fennel, sliced

1 teaspoon dried thyme

1 teaspoon dried rosemary

5 bay leaves

28 ounces crushed tomato

5.5 ounces tomato paste

1 gram saffron crocus

0.25 teaspoon chili powder

4 liters cold water

Instructions

1. To start: Wash the chopped fish heads under cold running water until the water becomes clear. This should take about 20 minutes. In the meantime, prepare and dice all vegetables in quarter-inch cubes. Strain fish heads in a colander.
2. Cook the soup: Place a large stockpot on medium heat, add olive oil and fish heads. Cook slowly for 5 minutes. Add wine and cook for 5 more minutes, stirring occasionally. Add chopped vegetables, quartered orange and zest, thyme, rosemary, bay leaves, crushed tomato, tomato paste, saffron, salt, pepper, chili, and water. Mix well and bring to a boil, stirring occasionally. Simmer for about 3 hours on medium-low heat, stirring from time-to-time making sure that nothing sticks to the bottom.
3. Finish the soup: Pass the fish soup through a vegetable mill to extract maximum flavors, and discard bones. Cool the soup and refrigerate overnight. Before boiling the soup again, quarter-inch excess fat on the top. When the soup is hot, taste and more seasoning if desired.
4. Serve with crostini, grated Gruyere and Provençal Rouille sauce.

Notes

Where is Marseilles? Although part of the region of Provence, Marseilles has a soul of its own. Founded in 600 B.C. by the Greek sailors of Phocaea, this great city is the oldest in France and surely the most complex. As the country's second largest city, and the largest commercial port, Marseilles, in the time of the French colonies, was the gateway to the Mediterranean. Today, Marseilles remains the capitol of southern Europe, and is cosmopolitan and exuberant with a picturesque old port, its famous Bouillabaisse, and its folklore.

SAFFRON ROUILLE RECIPE

Saffron rouille is thick cold sauce similar to aioli made of potato, chilies, garlic, and olive oil. Traditionally served with bouillabaisse and fish soups. Certain recipes also call for saffron and tomatoes.



Preparation Time: 10 mins

Cooking Time: 10 mins

Resting Time: 10 mins

Total Time: 30 mins

Servers: 2 cups

SAFFRON ROUILLE RECIPE

Equipment

2 disposable gloves

Ingredients

4 medium garlic cloves

1 small fresh red chili pepper, seeded

0.5 gram or 1 big pinch saffron

1 small Russet potato, cooked and peeled

0.5 cup fish soup, reduced to 1/4 cup and cool

0.5 cup olive oil, extra virgin

Salt and freshly ground pepper, to taste

Instructions

1. To prepare the rouille, in a food processor, combine the first four ingredients. Season with salt and pepper. Add the oil slowly through the fennel as the machine is running. Then add the cold reduced fish soup.
2. Serve with fish soup or Bouillabaisse.

Notes

Chef Note: The key to success in this recipe is to respect the quantity and to include the cold reduced fish soup.

Safety note: Wear disposable gloves when handling the chili, to avoid spicy burns if your hands get in contact with sensitive part of your body.

BROWN STOCKS

BROWN VEAL STOCK RECIPE

Veal stock is a staple in many kitchens and especially in French kitchens and it is the base to make great sauces. Chefs like veal because it has a deep but not overwhelming flavor and contains more pectin, a good quality to have in stocks as we use them to make reductions or demi-glace. If you cannot find veal bones, you can achieve similar results with beef bones as long as some of the bones have marrow.

In restaurants and hotels, chefs simmer veal stock on the top of the stove for a full day, adding some water occasionally to make sure that the bones stay covered with liquid, to avoid the danger zone. (See the lesson the Danger Zone in course Food Safety). After a full day of simmering, the stock is strained.

Brown veal stock is a staple in many kitchens and especially in French ones. Chefs like veal because it has a deep but not overwhelming flavor and contains more pectin, an excellent quality to have in stocks used to make reductions or demi-glace. If you cannot find veal bones, you may substitute with beef bones.



BROWN VEAL STOCK RECIPE

Ingredients

Yield about 3 liters

5 pounds veal bones

2 large onions

1 large carrot

1 stalk celery

1 head garlic cut in half

3 tablespoons tomato paste

10 whole black peppers

2 large bay leaves

2 large sprigs thyme

0.5 medium green leek

4 liters water

1 cup red wine, optional

Instructions

1. Brown the bones for 45 minutes in a roasting pan at 450°F. Turn frequently to roast them evenly. Cut one onion, with skin, in half. In an oven pan, preferably cast iron, place the onion faces down in 1 tablespoon of vegetable oil. Fry on high heat to burn the onion. It will take a minimum of 10 minutes to char the onions. Peel and wash the carrots, onions, and celery. Cut the vegetables into 1-inch cubes, creating a Mirepoix.
2. Check the oven; the veal bones should be golden brown. Add the burnt onion to the Mirepoix. Add the head of garlic cut in half with the skin on. Remove the bones from the oven. Cover the bones with the Mirepoix, burnt onions, and garlic. Reduce the temperature to 380°F. Stir the ingredients every 10 minutes, for an additional 30 minutes. Add the tomato paste and cook for 15 minutes, ensuring that the bones and the aromatic garnish become brown but do not burn.
3. Transfer the bones and vegetables to a large stockpot. Discard any excess fat. (Decanter) Put the roasting pan over a burner on high heat and fry. Add the wine and 1 liter of cold water (deglaze). Whisk continuously, scraping any residue from the bottom of the pan. Pour the liquid from the roasting pan over the bones in the stockpot. Add peppercorn, bay leaves, thyme, and green leek. Cover with the rest of the water.
4. The liquid must cover all the ingredients. Bring to a boil and then reduce to simmer for a minimum of 8 hours. You may cook the stock for up to 12 hours. Stir from time to time to ensure that nothing is sticking or burning to the bottom. You must keep the bones covered by adding more water during this long cooking process. Strain the stock through a fine strainer.
5. Cool and refrigerate overnight. When the stock is cold, the fat will solidify. Remove the thick “crust” of fat.

Hints and tips:

If you reduce your Veal Stock by ½, you will have what French Chefs call, a ½ Glaze. If you reduce your ½ glace by ½ again, you will have a Glace de Viande.

BROWN DUCK STOCK RECIPE

A brown duck stock is prepared by first browning the ingredients in the oven. This is the base for sauces, jus, and stew.



Preparation Time: 10 mins

Cooking Time: 3 hrs 30 mins

Total Time: 4 hrs 40 mins

BROWN DUCK STOCK RECIPE

Ingredients

MAKE ABOUT 2 LITERS

2 pound of raw duck bones

1 large onion

1 large carrot

1 stalk celery

1 head garlic cut in half

4 tablespoons tomato paste

10 whole black peppercorns

3 large bay leaves

1 sprig thyme

1 sprig of rosemary

4 liters water

Instructions

1. Heat the oven to 450°F. In a roasting pan, brown the duck bones for 30 minutes. Turn frequently to cook evenly. Peel and wash the carrot, onion, and celery. Cut the onion in quarters and place in a bowl. Cut the carrot into 1-inch pieces and add it to the onion. Cut the celery the same as the carrot. Add the celery and mix.
2. Check the oven; the duck bones should be golden brown. Add both halves of the head of garlic, peel on. Remove the bones from the oven. Add Mirepoix and garlic. Reduce the temperature to 380°F. Stir the bones and Mirepoix every 10 minutes, for an additional 30 minutes. Add the tomato paste and cook for 15 minutes.
3. Make sure, the bones and the aromatic garnish become brown and do not burn. Transfer the bones and the vegetables to a large stockpot. Discard any excess fat. (Decanter) Put the roasting pan over a burner on high heat and fry. Add 1 liter of cold water (deglaze). Whisk continuously, scraping any residue from the bottom of the pan. Pour the liquid from the roasting pan, over the bones in the stockpot. Add the peppercorns, bay leaves, thyme, and rosemary.
4. The liquid must cover all ingredients. Bring to a boil and then reduce heat and simmer for a minimum of 3 hours. Stir from time to time to ensure nothing is sticking or burning to the bottom. You must keep the bones covered by adding more water during this long cooking process. Strain the stock through a fine strainer.
5. Cool and refrigerate overnight. When the stock is cold, the fat will solidify. The stock can be used to make sauces or stews. You can also freeze it if you have leftovers.

Notes

This stock technique may apply to any type of bones. For example brown quail stock, brown rabbit stock, brown squab stock etc. …

BROWN LAMB STOCK RECIPE

Brown lamb stock is prepared by first browning the ingredients in the oven. This is the base for sauces, jus, and stew.



Preparation Time: 15 mins

Cooking Time: 4 hrs 15 mins

Total Time: 4 hrs 30 mins

BROWN LAMB STOCK RECIPE

Ingredients

MAKE ABOUT 2 LITERS (8 CUPS)

2 pounds lamb bones

1 large onion

1 large carrot

1 stalk celery

1 head garlic cut in half

4 tablespoons tomato paste

10 whole black peppercorns

3 medium bay leaves

1 large sprig of thyme

1 small sprig of rosemary

4 liters water

Instructions

1. Heat the oven to 450°F. In a roasting pan, brown the lamb bones for 30 minutes. Turn frequently to cook evenly. Peel and wash the carrot, onion, and celery. Cut the onion in quarters and place in a bowl. Cut the carrot into 1-inch pieces and add it to the onion. Cut the celery the same as the carrot. Add the celery to the bowl and mix.
2. Check the oven; the lamb bones should be golden brown. Add both halves of the head of garlic, with the skin on. Remove the bones from the oven. Add Mirepoix and garlic. Reduce the temperature to 380°F. Stir the bones and Mirepoix every 10 minutes, for an additional 30 minutes. Add the tomato paste and cook for 15 minutes.
3. Make sure the bones and the aromatic garnish become brown and do not burn. Transfer the bones and the vegetables to a large stockpot. Discard any excess fat (decanter). Put the roasting pan over a burner on high heat and fry. Add 1 liter of cold water (deglaze). Whisk continuously, scraping any residue from the bottom of the pan.
4. Pour the liquid from the roasting pan and over the bones in the stockpot. Add the peppercorns, bay leaves, thyme, and rosemary.
5. The liquid must cover all ingredients. Bring to a boil and then reduce heat and simmer for a minimum of 4 hours. Stir from time to time to ensure nothing is sticking to or burning the bottom. You must keep the bones covered by adding more water during this long cooking process. Strain the stock through a fine strainer.
6. Cool and refrigerate overnight. When the stock is cold, the fat will solidify. The stock can be used to make sauces or stews. You can also freeze it if you have leftovers.

REMOUILLAGE

A French word that means “re-wetting” or moistening. Bones and trimming might be used for the second round of cooking and is called “remouillage”. The strained solid ingredients are placed in a clean stock pot, along with few more vegetables, a loose bouquet garni, tomato paste, meat trimmings, and water. The stock is weaker than the first stock and is sometimes called “second stock and is cooked for a half day. It is used by the cooking staff to make sauces, stews and to braise dishes etc.

Some chefs like to thicken their stocks with a brown roux, others with some flour mixed with water. Flavor wise the brown roux is better as the gluten from the flour will be cooked. Then the stock is cooled down and stored in the cooler. The stock is degreased the next day as the fat will float and solidify on the top to a thick crust.



DEMI-GLACE DE VIANDE – GLACE DE VIANDE

Glace is a highly reduced stock or remouillage.

The meaning of the words:

- Demi: half
- Glace: ice
- Viande: meat

Some of the strained stock might be reduced to make demi-glace de viande or glace de viande. If you reduce your Veal Stock by half, you will have what French Chefs call, a Half Glaze (demi-glace). If you reduce your half glace by half again, you will have a glace de viande.

Step by step process

- Remove all fat from a brown stock. Make it as clear as possible.
- Boil it down by half.
- Strain through a muslin cloth.
- Boil it down again and strain.
- Continue on until it will coat the back of a spoon. Make sure to keep an eye on it and reduce heat as the glaze becomes more concentrated.

As a result of continued reduction, the stock will acquire a thick syrupy consistency with a highly concentrated flavor.

When to use Brown Veal Stock, Demi-Glace de Viande or Glace de Viande?

Well, it depends on the restaurant, on how many staff members there are in the kitchen, the type of restaurants, the chef, and the menu. If sauces are made in advance before the customers arrive, then usually chefs will use veal stock and simmer the sauces for hours. If the sauces are made on order, then the chef will use concentrated stock like demi-glace or glace de viande – to make the sauce and speed up the process.

Tip:

If you're not using the entire batch immediately, a good way to manage it is by freezing it in ice cube trays.

RECIPES

To Practice Brown Stocks

LAMB SHANK WITH TARRAGON AND PORTOBELLO MUSHROOM

Braising lamb in veal stock with fresh herbs and vegetables yields an incredibly tender, flavourful dish that can be enjoyed year-round.



Preparation Time: 15 mins

Cooking Time: 2 hrs 15 mins

Total Time: 2 hrs 30 mins

Serves: 4

LAMB SHANK WITH TARRAGON AND PORTOBELLO MUSHROOM

Ingredients

1 tbsp all-purpose flour

1 tbsp olive oil, extra virgin

4 unit lamb shanks, seasoned with salt and pepper

0.3 cup dry white wine

2 cups brown veal stock

1 large shallot, peeled and cut in half

1 medium carrot, peeled and sliced

1 medium celery stick, cut into little sticks

2 medium portobello mushrooms, quartered and sliced

2 large garlic cloves, peeled, split and germs removed

1 tbsp tarragon leaves, finely chopped

1 cup diced tomatoes, fresh or canned

0.16 tsp salt and pepper, to taste

Instructions

1. Preheat your oven to 225ºC / 410ºF.

Sauté the shanks:

2. Lightly flour and season each shank.
3. Heat the olive oil in a large, heavy skillet pan over medium-high heat and brown shanks on all sides.
4. Set aside in a casserole and discard the excess fat from the pan.
5. Deglaze the pan with the wine.
6. Add veal stock and all remaining ingredients, and bring to a boil.
7. Pour stock over the shanks and bring to a boil again; cover with a lid.

Braise:

1. Braise in preheated oven for at least 2 hours or until the meat is very tender, turning the shanks once or twice. Make sure that the meat stays always moist. Add stock or water as necessary.
2. Remove shanks to a serving platter. Spoon sauce over shanks and serve with soft polenta or small macaroni.

PAN-ROASTED DUCK BREAST WITH PRUNE PORT WINE SAUCE

Succulent pan-roasted duck breasts served with a complex prune port sauce embellished with aromatic thyme and bay leaf.



Prep Time: 15 mins

Cook Time: 1 hr

Rest Time: 5 mins

Servings: 4

Pan-Roasted Duck Breast with Prune Port Wine Sauce

Ingredients

For the prune Port wine sauce:

2 oz sugar

0.5 cup Port wine

0.75 cup red wine

1 sprig fresh thyme

1 medium bay leaf

1.25 cups brown veal stock

12 pieces prunes, pitted and quartered

1 pinch salt and pepper, to taste

2 oz butter

For the duck:

4 medium duck breast, boneless and skin on

1 pinch salt and pepper, to taste

1 tbsp duck fat or vegetable oil

Instructions

Make the sauce

1. In a saucepan, combine the sugar with 100 ml of water. Caramelize the sugar on medium heat. While heating, clean the sides of the saucepan with a brush and a bit of water to dissolve any excess sugar.
2. When the caramel is golden brown, remove from heat. Add the Port wine and flame carefully. Reduce by 70% on very low heat. Add the red wine, thyme, bay leaf, quartered prunes and reduce again by 70%.
3. Add the ½ glace and continue reducing on very low heat. Season to taste. Skim the surface regularly to remove any foam or grease. The sauce is the right consistency when it coats the back of a spoon nicely.
4. Strain through a sieve and discard the thyme and bay leaf. Bring to a boil in a clean saucepan.
5. Season to taste. Immediately before serving, bring mixture to a boil, skim if necessary, and remove from the heat and Monter au Beurre (add the butter in knobs and blend using a whisk).

Cook the duck breast:

1. Preheat the oven to 400 degrees F.
2. With a sharp knife score the fat of the duck breasts in a crisscross pattern.
3. Season the duck with salt and pepper.
4. Warm a heavy-bottomed ovenproof skillet over medium heat.
5. Place the duck breasts, fat side down, in the skillet to render off the fat, about 6 minutes. Reserve rendered duck fat. Turn the duck breasts over and sear for 1 minute.
6. Turn the fat side down again and place the skillet into the oven to roast for 7 to 9 minutes, until breasts are medium-rare.
7. Let the duck breasts rest for 5 minutes then thinly slice.
8. Serve with the sauce on hot plates.

BEEF BOURGUIGNON

Beef bourguignon is a braised red wine marinated beef cubes simmered in a seasoned red wine sauce with bacon, mushrooms, carrots, and pearl onions.

The word “Bourguignon” means “from Bourgogne”. Bourgogne is a French region famous for its wines. When you see “bourguignon”, “bourguignonne” (the feminine version of bourguignon) or “à la bourguignonne” it typically means that the preparation is cooked with red wine.



Preparation Time: 30 mins

Cooking Time: 3 hrs

Wait Time: 1 d

Total Time: 3 hrs 30 mins

Serves: 8

BEEF BOURGUIGNON

Ingredients

FOR THE MARINADE:

3 pounds boneless chuck roast cut into 1inch cubes

4 cloves garlic, peeled and cut in half

3 medium bay leaves

3 sprigs fresh parsley, leaves chopped

4 large sprigs fresh thyme, leaves chopped

2 small sprigs of rosemary, leaves chopped

1 large carrot, peeled and cut into four sticks

1 medium onion peeled and cut in height

3 cups bottle of dry red wine

FOR THE STEW:

0.25 pound bacon, cut into ½ inch cubes

1 tablespoon vegetable oil

3 tablespoons all-purpose flour

3 fluid ounces tomato paste

Wine from the marinade

3 cups light veal stock

1 small bouquet garni

3 large carrots peel and sliced

6 cloves garlic, peeled and minced

1 pound white mushrooms cleaned and sliced

0.25 pound whole peeled pearl onions

Salt and freshly ground black pepper, to taste

Instructions

1. Marinate the meat: Cut the beef into 1-inch cubes, trimming off fat, skin and connective tissues. Place in a large non-reactive bowl. Add the garlic, bay leaves, parsley, thyme, rosemary, carrot sticks, cut onion, and red wine. Cover the meat with plastic wrap, and refrigerate for 24 hours.
2. Start the stew: Drain the meat and vegetables in a strainer set over a large bowl. Discard the aromatic garnish, and reserve the strained wine. Heat of the oil in a large sauté pan over high heat and brown half of the meat with salt and pepper. Then, place contents in a pot or a casserole.
3. Add the remaining vegetable oil and repeat the process for the second half of the meat. Remove the browned meat. Add the cut bacon to the sauté pan on medium-high heat and brown the bacon. Add to the beef; keep the pot aside. Sprinkle the flour on the top of the meat; mix well with a wooden spoon until well coated. Bake at for 5 to 10 minutes. This process is called “singer” and allows the gluten to be cooked while eliminating the flour taste.
4. Remove the pot from the oven. Add the tomato paste and mix well. Bake for 5 to 10 minutes. It will allow the tomato paste to “roast,” and remove its characteristic bitterness.
5. Heat the reserved pan and remove any grease from it. When heated, add the red wine from the marinade. Bring to a boil and skim off all impurities with a skimmer or small sieve. This will clarify the wine. Remove the pot from the oven and place on low heat. Add wine, veal stock, bouquet garni, sliced carrots, and chopped garlic. Stir well,

making sure nothing sticks to the bottom of the pot. Wash and quarter the mushrooms, add them to the pot and cook covered for about 1 hour on low heat.

6. After 1 hour of cooking, place the pot with the lid into the oven at and cook for an additional hour. Stir from time to time during the cooking process. In the meantime, soak the pearl onions for 15 minutes in hot water; this will help you to peel them more easily. Peel and keep aside. After 2 hours of cooking, the meat should be tender when pierced with the tip of a small knife. Taste the sauce and season with salt and pepper. Add the pearl onions, stir, cover and bake for 30 more minutes.
7. When the meat is cooked, remove the bouquet garni, taste the sauce and adjust seasoning, and serve the Beef Bourguignon hot.

History:

- Beef Bourguignon is one of many examples of older recipes being slowly refined into haute cuisine. Most likely the particular method of slowly simmering the beef in wine originated as a means of tenderizing cuts of meat that would have been too tough to cook any other way. The slow cooking and simmering in the wine tenderized the meat while keeping the meat flavor in the dish.

- Over time, the dish became a standard of French cuisine. The recipe that most people still follow to make an authentic boeuf bourguignon was first codified by Auguste Escoffier. That recipe, however, has undergone subtle changes, owing to changes in cooking equipment and available food supplies.