
Fish Stock (or fumé)

(Basic Recipe for approx. 100 ml)

Ingredients:

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| 50 | <i>Fish pieces and bones, with heads (gills removed)</i> |
| 10 g | <i>Onion</i> |
| 10 g | <i>Carrots</i> |
| 10 g | <i>Celery</i> |
| 10 g | <i>Leek</i> |
| 100 ml | <i>Water</i> |
| | <i>Garlic, lovage, smooth Parsley, bay leaf, pepper, Salt, juniper berries, allspice, Carnation, fresh dill</i> |

Preparation

- The cleaned, diced vegetables and the spices fry without oil in a pot, without being brown.
- Fish sections add, boil slowly, and let stand about 30 to 45 minutes at the boiling point.
- After 15-min. boiling, add herbs
- The broth carefully salt through a sieve or cloth
- Tip: fish stock salt only before further processing.