

Basic stock recipes (The best ever low fat 2003: 11)

Ingredients	Vegetable	Chicken	Beef	Fish
	2x Tbsp Sunflower oil	1.3kg wings, neck —	1kg marrow bone 650g stewing	650g fish bones —
Water	2.25 litres	4 litres	2.8 litres	1.3 litres
Dry wine	—	—	—	125ml
Onions	115g chop finely	2x cut wedges	2x halved	1x sliced
Celery	4x sticks chopped	2x chopped	2x sticks chopped	2x sticks chopped
Carrots	115g chop finely	2x chopped	—	1x sliced
Black pepper	—	10x corns	8x corns	4x corns
Parsley	—	10x fresh sprigs	—	4x fresh sprigs
Bay leaves	—	2x	—	1x
Bouquet garni	1x	—	1x	—
Leeks	115g chop finely	—	—	—
Fennel	85g chop finely	—	—	—
Tomatoes	85g chop finely	—	—	—
Lemon	—	—	—	½ sliced
Thyme	—	4x fresh sprigs	—	—
Cloves	—	—	4x	—
Method	Cook onions and leeks in oil for 5 minutes. Stir. Add remaining vegetables and cook for 10 minutes. Stir. Add water and bouquet garni and simmer for 20 minutes.	Cook chicken and onions at low heat, stir frequently, until brown. Add water and while boil skim off foam. Add remaining ingredients, partially cover and simmer gently for 3 hours	Boil bones and beef, skim off the foam that rises. Press a clove into each onion half. Add celery, peppercorns and bouquet garni. Partially cover and simmer gently for 3 hours. Remove beef and simmer for further 1 hour	Boil ingredients and skim off the foam that rises. Partially cover and simmer gently for 25 minutes.
Store	Sieve, cool and use, store in refrigerator or freeze up to 3 months.	Sieve and when cool discard layer of fat n surface. Freeze up to 6 months.	Sieve and when cool discard layer of fat n surface. Freeze up to 6 months.	Sieve, cool and use, store in refrigerator or freeze up to 3 months.

Bouquet garni: tie 4 fresh parsley stems, 1 clove, 1 bay leaf and 4 peppercorns in a piece of clean muslin.