

**DIRECTORY**  
**STOCKS & SAUCES**

*STOCKS*

*(The essence of, / extracted with water)*

1. Chicken / Duck
2. Veal / Beef
3. Fish
4. Lobster
5. Shrimp
6. Vegetable

## STOCKS

### 1. CHICKEN/ TURKEY/ DUCK STOCK

#### INGREDIENTS:

Chicken carcass & bones (saved from other use) or purchased wing tips.	Celery
Carrot	Onion
Bay Leaf	Parsley
Thyme Leaf	Black Peppercorns
Salt	Garlic
Tomato Paste (optional, add ½ the way through the roasting period for a richer stock, darker in color).	Water

#### PROCEDURE:

Soak / Rinse Chicken parts in Salt water to pull out blood and other impurities. Combine rinsed Chicken parts with rough, cut Celery, Carrot, Onion, and Parsley in a roasting pan. Roast at 375° until Chicken parts are browned and Vegetables are caramelized. Combine contents from roasting pan with water and listed herbs and spices in a stockpot. Simmer, strain, and simmer again to reduce volume by (1/2) half for a concentrated stock. Refrigerate stock overnight, fat will form on top where it can easily be removed \*Stock will be in a soft gelatin state.

\*Simmer stock for approximately 3 hours for best results.

#### USES:

Use for soups, sauces, and flavoring. One of the most used preparations in the kitchen.

\*Freeze excess stock concentrate in 1-quart plastic containers for later use.  
Refrigerator life: 1 to 2 weeks.

## STOCKS

### 2. VEAL/ BEEF STOCK

#### INGREDIENTS:

Celery	Carrot
Onion	Parsley
Bay Leaf	Black Peppercorns
Thyme Leaf	Garlic
Water	Tomato Paste
Veal/ Beef Bones	

(preferably ones with plentiful marrow. Knuckles and other joints, where the natural gelatin is formed).

#### PROCEDURE:

Soak/ Rinse Veal bones in salt water to pull out any blood or other impurities. Combine rinsed bones with medium diced Celery, Carrot, Onion, Parsley in roasting pan (add Tomato Paste at the 1/2- way point of roasting). Roast at 375° until bones have browned and Vegetables are thoroughly caramelized. Combine contents from roasting pan with water and listed herbs and spices in a stockpot. Simmer approximately 12 hours. Adding additional water as needed. Strain; simmer again to reduce volume by (1/2) half for a concentrated stock ( Demi glace). Refrigerate stock overnight, fat will form on top were it can easily be removed. Stock will be in a soft gelatin state.

#### USES:

Veal / Beef Stock thickened with Butter/ Flour (roux) for “The Mother Sauce” Espanol; or Demi Glace as is for sauces, pan sauces etc.

\*Caramelizing the vegetables (dark brown) forms a pencieer that gives stock it’s rich color, this can be done separately and added to the stock pot. Veal bones are approximately \$50. a case or \$1. per pound. Try a mix of veal and Beef Bones. I have also gotten a “second” run from veal bones, not as strong, but of use.

**STOCKS**  
**3. FISH STOCK**

INGREDIENTS:

Fish Carcass (no skin, eyes, or gills)	Celery
Carrot	Onion
Parsley	Water
Lemon Juice	Bay Leaf

Black Peppercorns and  
cloves, (pickling spice).

\*Prefer Grouper, Flounder, Cod, Halibut (white fish), *not* Salmon, Mackerel (dark oily fish), etc.

PROCEDURE:

Rinse Fish Carcass with cold water. Combine rinsed Carcass with rough-cut Celery, Carrot, Onion, and Parsley in a stockpot. Add Water, Lemon Juice. Add Bay Leaf, Black Peppercorns, and Cloves. Bring to a boil, reduce heat and simmer for approximately 1 hour. Strain. \*(Fish stock simmered more than 1 hour will start to turn bitter).

USES:

Use for soups, sauces, and flavoring. \* Canned or bottled Clam juice can be combined with Fish Stock or used by itself as a substitute. \*Combines well with White Wine, Vermouth or Sherry.

Freeze excess stock in 1-quart plastic containers for future use. Refrigerator life is approximately 1 week.

## STOCKS

### 4. LOBSTER STOCK

#### INGREDIENTS:

Lobster Shells, heads, and bodies,	Celery
Carrot	Onion
Parsley	Water
Lemon	Bay Leaf
Black Peppercorns, and Cloves, (pickling spice).	

\* Tomato Paste optional, (add ½ way through the roasting period for a richer stock, darker in color).

#### PROCEDURE:

Combine Lobster Shells, Head, and Bodies with rough cut Celery, Carrot, Onion, and Parsley in a roasting pan. Roast at 375° until Shells are browned and Vegetables are caramelized. Combine contents from roasting pan with Water, Lemon Juice, and listed herbs and spices in a stockpot. Simmer, strain, and simmer again to reduce volume by ½ (half) for a concentrated stock.

Simmer stock for approximately 3 hours for best results. Use liberal amounts of Sweet Carrots to sweeten stock. Freeze excess stock concentrate in 1-quart plastic containers for later use. Refrigerator life approximately 1 week.

#### USES:

Primarily for: Lobster Bisque, Newburg, Lobster sauce. \* Combines well with Sherry.

**STOCKS**  
**5. SHRIMP STOCK**

INGREDIENTS:

Shrimp Shells and Head (if available)	Celery
Carrot	Onion
Parsley	Water
Lemon	Bay Leaf
Black Peppercorns and cloves, (pickling spice)	

\* Tomato Paste, optional, (add ½ (half) way through the roasting period for a richer stock, darker in color).

PROCEDURE:

Combine Shrimp shells, Heads, with rough-cut Celery, carrot, Onion, and Parsley in a roasting pan. Roast at 375° until Shells are browned and Vegetables are caramelized. Combine contents from roasting pan with Water, Lemon Juice, and listed herbs and spices in a stockpot. Simmer, strain, and simmer again to reduce volume by ½ (half) for a concentrated stock.

Simmer stock for approximately 3 hours for best results. Freeze excess stock concentrate in 1-quart plastic containers for later use. Refrigerator life is approximately 1 week. Use liberal amounts of Sweet Carrots to sweeten stock.

USES:

Primarily for: Shrimp Bisque, Newburg, Shrimp sauce. \* Combines well with Sherry.

## **STOCKS**

### **6. VEGETABLE STOCK**

#### INGREDIENTS:

Carrot	Celery
Onion	Parsley
Mushrooms Stems	Broccoli Stalks (peeled)
Asparagus Stems (peeled)	Spinach Leaves
Cabbage	Zucchini
Yellow Squash	Green Peppers.

\* Any combination of the above. Whatever trimmings that are left over.

#### PROCEDURE:

Rinse Vegetables with cold water. Combine rinsed Vegetable Trimmings with water in a stockpot. Simmer, then strain stock. Squeeze excess juice from Vegetables (using a china cap), before discarding.

Simmer stock for approximately 1 hour. Freeze excess stock in 1-quart plastic containers for later use.

#### USES:

Use for soups, sauces, and flavoring. De glazing while sautéing.