

Tante Marie's Cooking School

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FISH STOCK (Fumet)

1 1/2 lbs. fish bones and heads
2 cups dry white wine
4 cups water
3/4 cups onions, chopped
1/2 cup carrots, chopped
1/2 cup celery, chopped
1 bayleaf
1/2 tsp. dried thyme
3 sprigs parsley
6 peppercorns

Clean the fish bones and heads of any blood. Combine the bones with the rest of the ingredients in a large stock pot and bring to a boil. Decrease temperature and simmer for 20 minutes. Strain the stock and let cool uncovered. (If you would like a stronger stock you can continue boiling it without the bones for 15-30 minutes.)
Yield 1 qt. MSR