



STOCKS

Each Makes About a Gallon

Basic Vegetable

5 qt	Cold Water
3-4 large	Onions, rough chop
3-4 large	Carrots, rough chop
3-4 ribs	Celery, rough chop
½ lb	Mushrooms, quartered
2-3 large	Bell Pepper
4-5	Peppercorns
1-2 whole	Bay Leaves, broken in half
2-3 sprigs	Thyme
4-5 each	Parsley Stems
2-3 whole	Cloves
4-5 cloves	Garlic, crushed

Fish/Shellfish

5 qt	Cold Water
2-4 lbs	Fish Bones or Shellfish Shells
2 large	Onions, diced
½ lb	Mushrooms, quartered
2-3 ribs	Celery, diced
1-2 whole	Bay Leaves, broken in half
2-3 whole	Peppercorns
2-3 sprigs	Thyme
4-5 each	Parsley Stems
4-5 clove	Garlic, crushed

Directions

1. Place everything in a stock pot. Bring to a high simmer and reduce to a low simmer. Simmer for 30 to 60 minutes. Skim as necessary.
2. Strain through a fine strainer or chinoise. Cool in an ice bath, package, and label. Refrigerate or freeze.

Basic Meat Bone

6 qt	Cold Water
5 lbs	Bones (Chicken, Beef, Lamb or Pork)
2-3 large	Onions, rough chop
3-4 large	Carrots, rough chop
3-4 large ribs	Celery, rough chop
2-4 sprigs	Fresh Thyme
4-5	Parsley Stems
3-4 whole	Peppercorns
2-3 whole	Cloves
1-2 whole	Bay Leaves, broken in half
2 cloves	Garlic, crushed

Asian Style Chicken

6 qt	Cold Water
5 lbs	Chicken Bones
2-3 large	Onions, rough chopped
½ lb	Mushrooms, quartered
1 small	Finger of Ginger, crushed
1-2 stalks	Lemongrass, bruised
1-2 whole	Star Anise
4-5 whole	Sichuan Peppercorns
4-5 cloves	Garlic, crushed

Directions for Light (white) Stock

1. Place everything in the stock pot. Bring to a high simmer and reduce to a low simmer. For chicken; continue to simmer for 2 ½ to 4 hours. For beef and veal; continue to simmer for 5 to 6 hours. Skim as necessary.
2. Strain through chinoise or china cap lined with cheese cloth. Cool in an ice bath, package, and label. Refrigerate or freeze.

Directions for Dark (brown) Stock

1. Place bones onto an oiled sheet tray or roasting pan. Place into a 350-375° oven for about 2 hours until nicely browned. Proceed with the same steps as making white stock.

Option:

Start with just the water and bones. Add vegetables, herbs, spices, etc. during the last hour or two.