

# FISH BROTH

## RECIPE (INITIAL STOCK)



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FISH SOUP PROJECT  
WWW.FISHSOUP.IS

### INGREDIENTS FOR A 10 LITER POT:

200 g	Butter
5 pieces	Garlic cloves
3	Onions; cut in half
2	Leeks; sliced
7 dl	Sherry
5 kg	Fish carcasses
8,5 liters	Water
3	Fennels; sliced
2	Parsnips; sliced
1	Celery root; sliced
2	Celery stalks; sliced
5	Carrots; sliced
1 bunch	fresh tarragon
1 bunch	fresh parsley
15	Peppercorns
	Salt

### PREPARATION:

Melt a bit of the butter in a large pot.

Put the onions with the cut side down in the butter and let them brown.

Clean the pot.

Then melt the rest of the butter in the pot. Add the garlic and the leek and let them sauté. Deglaze with the sherry and cook for several minutes.

Add the fish carcasses and fill the pot up with water und cook until it boils softly.

Add the celery roots and stalks, carrot, fennel and parsnip slices as well as the peppercorns and the herbs.

Bring to a soft boil and let it simmer about 3/4 hours.

Pass through a strainer and keep only the liquid.