



Fish Stock

Evan Mallett, Executive Chef and Co-Owner of [Black Trumpet](#)

A good fish stock is the starting point for many recipes. When I make cioppino, paella or gumbo, I have a stock ready to add at the right time. It freezes well and can be thawed pretty quickly. There is some flexibility with some of the vegetable ingredients you put in. For example, the aromatics can be thyme, scallions, even a little sage. The main thing to bear in mind is to avoid overpowering the essence of the fish.

Ingredients

- Whatever parts of a fish is left when you filet it – heads, bones, all of it!
- Head of celery
- Large onion, cut in half
- Fennel bulb, cut in half (optional)
- Aromatic herbs, black pepper, fennel, or other spices
- Equal parts white wine and water, enough to cover everything

Directions

1. Add all ingredients to a large pot
2. Simmer for 90 minutes
3. Strain the bones and vegetables

This recipe is from Evan Mallett's [Black Trumpet: A Chef's Journey Through Eight New England Seasons](#) (Chelsea Green Publishing, 2016) and is reprinted with permission from the publisher.

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