

Fish Stock

Makes about 3.5 litres

Ingredients

2 Non-oily white fish carcasses eg cod, sole, haddock, hake
1 Tbsp butter
1 Onion, finely diced
2 Carrots, finely diced
2 Stick of celery, finely diced
Herbs – you choose - thyme, bay leaves, fennel, parsley
½ -1 Tsp peppercorns
1 Cup dry white wine
Filtered water to cover

For extra gelatin – 1-2 fish heads, gills removed

Method

1. Simmer veggies in butter and white wine over a medium heat for 5-10 minutes. Place fish carcasses, fish head if using, herbs and peppercorns on veggies and cover and simmer for 5-10 minutes more
2. Skim the scum from the top of the water. Add water to cover, bring to a simmer and skim the scum again.
3. Simmer for about an hour
4. Strain broth from carcasses and vegetables
5. Store in fridge for up to 5 days or freeze.

Note: For a more gelatinous broth, use fish heads instead of fish carcasses

According to Craig Fear, Nutritional Therapist, fish broth is good for an underactive thyroid as it contains iodine. We need iodine to make thyroid hormones. Traditionally, a good fish broth was made from both fish heads and fish carcasses. Fish heads contain the thyroid gland of the fish. Craig is passionate about the healing benefits of broths. See reference below.

Ref: https://fearlesseating.net/5-reasons-you-should-make-fish-broth/?utm_source=newsletter&utm_medium=email&utm_campaign=the_cheap_and_easiest_broth_to_make_hint_it_s_not_chicken&utm_term=2021-04-15