

Chapter 5 : STOCKS



DEFINATION OF STOCK

A stock may be defined as a nutritious, flavourful clear thin liquid which forms the base for many dishes particularly soups & sauces

WHY STOCK IS USED ?

- **It is used instead of plain water for cooking certain dishes, and for making soups and sauces.**

Composition of stock

- Bones : 50%
- Mirepoix : 10%-25%
- Bouquet garni / sachet de'spice
- Cold water



What is mirepoix?

- The usual proportions (by weight) for making mirepoix are:
- 50% onions.
- 25% carrots.
- 25% celery.



What is in a sachet D'epices?

- **Common ingredients included in a sachet d'épices are: 4l**
- 1 spring thyme.
- 3-4 Parsley stems.
- 1 Bay leaf.
- Whole peppercorns.
- Whole cloves.



What is Bouquet garni ?

- **For 4 litres**
- **1 spring thyme**
- **1 bay leaf**
- **1 by 6" section celery**
- **1 by 6" section leek**



TYPES OF STOCKS

- **WHITE STOCK: (FONDS BLANC)**
- **BROWN STOCK (FONDS BRUN)**
- **FISH STOCK (FUMET)**
- **VEGETABLE STOCK**

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- **REMOUILLAGE**
 - **COURT BOUILLON**
 - **POT LIQUOR**
 - **EMERGENCY STOCKS / CONVENIENCE BASES**



- **WHITE STOCK** – is colorless, made by simmering vegetables with the bones of chicken, beef, veal, or fish.

WHITE STOCK: (FONDS BLANC)

- made from the bones of **veal, beef, poultry, some types of game, and fish.**

- **2-4 hours simmering**
- The bones are washed to remove the impurities that might cloud or discolour the finished stock.
- Usage : soups like **consomme veal**, stews ,ragouts, sauces like **chicken velouté , jus** etc, reduced to glaze for **Aspic** .

- **Brown stock** – is made from beef or veal bones that have been browned in the oven.



BROWN STOCK (FONDS BRUN)

- roasting the meat bones to deep brown colour, as well as mirepoix before they are simmered. 4-5 hours simmering
- An acid product such as **tomato puree** may also be added.
- This changes both the **flavour and colour** of the finished stock. Brown sauces are especially valuable in making **brown sauce, jus lie, demi-glance and pan gravies.**
- Usage : soups like **consommé**, sauce like **bordelaise** and **espagnole**, reduced to glaze used as **Aspic.**

Fish stock

- Fish bones , mirepoix, and aromatics for 30 mins
- For eg fin fish or shell fish.
- Use good quality bones that free from any foul smell.
- Usage : various types of fish soups, stews like bouillabaisse, sauces like fish velouté ,lemon butter sauce etc ,reduced to a glaze and used as Aspic.

COURT BOUILLON

A “short broth” is often prepared as the cooking liquid for fish or vegetables.

The basic components of court bouillon include, aromatic vegetables and herbs, vinegar, wine, or lemon juice and water.

Broth

Known as bouillon in French, it is a result of poaching meat or vegetable in a medium liquid.

Meat or vegetable boiled in a liquid.

Fumet

Fish stock is called fumet in French . Simply reduced fish stock not the glaze.

- **Fish stock** – is made from fish bones and trimmings.
- **Fumet**- A fish stock that has had lemon juice or another acid added and then been reduced by 50%.



Remouillage

It is known as **rewetting or second stock**.
When the stock is strained off, more water is added to remaining bones and vegetable and simmered for 1 hr.

EMERGENCY STOCKS / CONVENIENCE BASES

- When there is a temporary shortage of stocks, convenience products such as stock cubes and proprietary essences are useful.
- But in general these are not suitable for large scale use since they can produce a stock which, is already seasoned.

FISH STOCK & VEGETABLE STOCK



Storage of stocks

- Strain the stock and cool immediately in ice bath.
- Store in a clean container preferable steel.
- Label and mark the date of production.
- Store at 4⁰ to 5⁰ C. Not more than 2 days.
- For longer storage , set the stocks in ice cubes trays , once frozen, can be vacuum packed and stored in the freezer at 18⁰ C.

