

FISH STOCK

Spanish recipe



Preparation : 10 min - **Resting :** - - **Cooking :** 30 min - **Equipment :** -

Ingredients : SERVES 4

- 150 g prawns - 1 leek, cut into pieces - 25 ml olive oil - 1 litre of water - Salt - The bones of a firm textured, low oil fish, such as groper, cut into pieces - Parsley

1. Place prawn shells and heads in metal bowl, then leek, and run EXPERT programme, 20 seconds/speed 12 (without heating).
2. Add olive oil, remove cap from lid and run EXPERT programme, 5 minutes/speed 2A/110°C.
3. Pour in water, fish bones and parsley and run EXPERT programme, 25 minutes/speed 1A/110°C.
4. At end of programme, remove stock using a sieve. Use immediately or refrigerate.

Chef's tip :

For a greater quantity of stock, remove liquid and keep vegetables and chicken in bowl. Add an additional 2 litres of water and run the same programme again for 30 minutes.

© Photo Sandra Mahut

© 2018 Hachette Livre (Marabout) - Spanish version