



# Classic Fish Stock

*makes 6 cups*

- 2 pounds fish bones and heads, or a whole firm-fleshed white fish (sea bass, red snapper)
- 6 cups water
- 1 cup dry white wine
- 1 medium leek, sliced
- 1 medium onion, thinly sliced
- 1 small fennel bulb, sliced
- 1 celery rib, thinly sliced
- 2 cloves garlic, smashed
- 2 bay leaves
- 2 sprigs parsley
- 2 sprigs thyme
- 1 sprig tarragon
- 1 teaspoon sea salt

In a large stockpot, combine the fish and/or bones and heads with the water, wine, sliced vegetables and aromatics and bring the fish stock to a simmer over moderately low heat. Simmer gently for 30-45 minutes. Strain the fish stock well and set aside. Can be frozen.