



Chapter- VII

Stocks (Fond de Cuisine)

Stock is a liquid containing soluble nutrients and flavours of food that are extracted by boiling and simmering food with liquid.

By simmering the liquid with essential ingredients for long time, one can get the flavor and important nutrients into the liquid. This liquid (Stock) is used in making gravies, sauces, soups etc. Stocks are the fundamental ingredients for making most of the preparations; therefore one should be very careful while preparing stock. By considering the following points, you can make a perfect stock.

1. Only good quality bones, meats or vegetables should be chosen to make stock. Unsound bones or meat and rotten vegetables will produce an unpleasant flavor from the stock.
2. Stock should always start with cold water. Starting with hot water may coagulate the gelatin and can hamper the proper extraction into liquid.
3. Stock should always simmer gently. If it will boil quickly, the liquid will evaporate and the stock will become cloudy.
4. Scum should be removed from time to time otherwise scum will boil into the stock and spoil the flavor and colour.
5. Presence of fat in stock will lead to greasy taste. It should be removed.
6. Cold water can be added in between to replenish the lost liquid due to evaporation. It will also help to throw the scum to the surface.
7. Salt should not be added to stock. Stock is the foundation liquid for many other preparations, further concentration of it will lead to salty taste.
8. After preparation, if it is to be stored, cool it quickly and keep in refrigerator.
9. Do not leave bones and other ingredients in the stock once it is cooked. It may lead to cloudiness and off-smell.





Basic ingredients required to make Stock

- Bones
- Water
- Mire-poix (Onion, Carrots, Leeks, celery)
- Bouquet Garni (Thyme, Bay leaf, Parsley stalks)
- Peppercorn

General proportion of ingredients:

- Bones : 01 kg
- Water : 02 lt
- Vegetables : 250 gm
- Peppercorn : 06 no.

Bones

Bones are the major ingredient of stocks. Most of the flavour and body of stocks are derived from the bones (Vegetable stocks, an exception, draw their ?avour from vegetables only.)

Cartilage is the best source of gelatin in bones. Younger animals have more cartilage in their skeletons. As they become older, this hardens into solid bone, which is harder to dissolve into stocks. Knuckle bones, on the joints of major bones, have a lot of cartilage and are important in stock-making. Neck bones and shank bones also contain good amount of gelatin.

Water

Water should be fresh, soft and clean. Hard water should not be used because it is difficult to extract the flavor by this water.

Mirepoix

Mirepoix is a combination of roughly cut root vegetables, also known as aromatic vegetables such as onions, carrots, turnip and celery.





Bouquet Garni

Bouquet Garni is a bunch of fresh herbs and other aromatic ingredients tied in a bundle with string. A basic bouquet garni contains:

- pieces of leek and celery,
- thyme sprigs,
- bay leaf, and
- parsley stems.



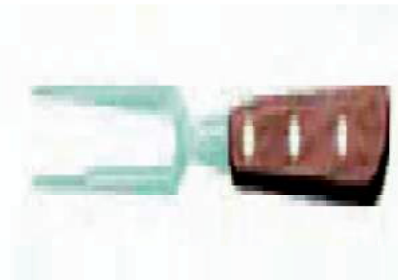
Faggot

Herbs and spices are tied in a cheesecloth bag called a **sachet** (French for “bag”). The sachet is tied by a string to the handle of the stockpot so it can be removed easily at any time. It contains Bay leaves, Peppercorns, Parsley stems, Cloves.

Salt is usually not added when making stocks.

Stocks are never used as is but are reduced, concentrated, and combined with other ingredients.

If salt were added, it might become too concentrated.



Classification

Stocks can be broadly classified into four different categories:

1. White Stock
2. Brown Stock
3. Fish Stock
4. Vegetable Stock

White Stock (Fond Blanc)

White stock is made from the bones of chicken, mutton, veal and beef. Bones are cut into small pieces and blanched to remove the impurity. White mirepoix is used to give flavor.





English Name

French Name

- White chicken stock *Fond blanc de volaille*
- White mutton stock *Fond blanc de mouton*
- White veal stock *Fond blanc de veau*
- White beef stock *Fond blanc or fond de marmite*

Brown Stock (Fond Brun)

Brown stock is also made from the bones of chicken, mutton, beef and veal, but in this case the bones and vegetables are roasted. Garlic is also used to avoid the burnt smell of roasted bones. Tomatoes are added to get the brown colour.

- Brown chicken stock *Fond brun de volaille*
- Brown mutton stock *Fond brun de mouton*
- Brown veal stock *Fond brun de veau*
- Brown beef stock *Fond brun or estouffade*

White Stock

S.No	Ingredients	Quantity
1	Chicken Bones	500 gm
2	Onions	25 gm
3	Leeks	25 gm
4	Celery	15 gm
5	Turnips	25 gm
6	Parsley Stalks	05 gm
7	Thyme	½ sprig
8	Bay Leaf	½ no.
9	Peppercorn	4-5 no.
10	Water	1 ½ lt



Method:

1. Clean and wash the bones.
2. Cut the bones into smaller pieces (3"-4").
3. Place the bones into stock pot and put cold water.
4. Bring to boil and refresh the bones to take out the impurities. (Blanching of bones)
5. Again start with fresh cold water and bring to a boil.
6. Lower the temperature and simmer it for 3 to 4 hours.
7. As and when impurities come on the top, remove it. (Skimming off)
8. Add mirepoix and sachet just one hour before finishing it.
9. Remove from the fire. Pass it through muslin cloth or strainer.
10. Cool the stock immediately and store it for further use.

Usage:

1. Used for making sauces (Veloute).
2. Used as base for making different types of Soups.
3. Used for making stews.

Brown Stock

S.No	Ingredients	Quantity
1	Bones (Beef/veal/Mutton)	500 gm
2	Carrots	75 gm
3	Onions	25 gm
4	Leeks	25 gm
5	Celery	15 gm
6	Turnips	25 gm





7	Parsley Stalks	05 gm
8	Thyme	½ sprig
9	Bay Leaf	½ no.
10	Peppercorn	4-5 no.
11	Garlic	3-4 cloves
12	Water	1 ½ lt

Method:

1. Clean and wash the bones.
2. Cut the bones into smaller pieces (3"-4").
3. Place the bones into roasting tray with little fat.
4. Roast the bones in oven till a dark brown colour appears on the bones.
5. Remove the bones from oven and put them into stock pot. Cover the bones with water and bring it to a boil & skim.
6. Lower the temperature and simmer it for 5 to 6 hours.
7. As and when impurities come on the top, remove it. (Skimming off)
8. Add mirepoix and sachet just one hour before finishing it.
9. Remove from the fire. Pass it through muslin cloth or strainer.
10. Cool the stock immediately and store it for further use.

Usage:

1. For making clear soups (Consommé).
2. For making sauce (Veloute, Espagnole, Tomato).
3. For making Demi-glaze and jus.





Fish Stock

S.No	Ingredients	Quantity
1	Fish Bones & Trimmings	500 gm
2	Butter	10 gm
3	White wine	100 ml
4	Onions	25 gm
5	Leeks	25 gm
6	Turnips	25 gm
7	Parsley Stalks	05 gm
8	Mushrooms	05 gm
9	Bay Leaf	½ no.
10	Peppercorn	4-5 no.
11	Water	1 ½ lt

Method:

1. Clean and wash fish bones.
2. Cut the bones into smaller pieces (3"-4").
3. Melt butter in stock pot and sauté the bones with mirepoix & chopped mushroom.
4. Add white wine and reduce it for few seconds.
5. Add cold water. Add sachet. Simmer the stock for 20 minutes.
6. Remove from the fire. Pass it through muslin cloth or strainer.
7. Cool the stock immediately and store it for further use.

Usage:

1. For making fish veloute (sauce).
2. Act as base for making fish soups.
3. Used as aspic (reduced glaze).





Vegetable Stock

S.No	Ingredients	Quantity
1	Vegetables	500 gm
2	Celery stem	10 gm
3	Carrots	100 ml
4	Onions	25 gm
5	Leeks	25 gm
6	Turnips	25 gm
7	Parsley Stalks	05 gm
8	Bay Leaf	½ no.
9	Peppercorn	4-5 no.
10	Water	1 ½ lt

Method:

1. Clean and wash the vegetables.
2. Cut the vegetables into small pieces.
3. Place the vegetables in stock pot and cover with water.
4. Add mirepoix and bring to a boil. Put it on simmering for an hour.
5. Add sachet ½ an hour before the finishing time.
6. Remove the impurities in-between.
7. Put off the fire and strain it. Cool the stock immediately.

Usage:

1. Used for making vegetable soups.
2. Used as a base for many vegetarian preparations.





Precautions:

1. Always choose fresh ingredients for better flavours in the stock.
2. Remove the fat contents from bones to reduce the grease contents from stock. It avoids the unpleasant flavor.
3. Use soft and cold water.
4. Remove the impurities by skimming from time to time. This prevent the stock from clouding.
5. Never season the stock because it will be used as a base for other dishes and could be reduced further.
6. Do not leave bones and other ingredients in the stock once it is cooked. It may lead to cloudiness and off-smell.

