



Fish Stock

1 snapper carcass plus an additional head or bones, otherwise a variety of bones, heads, fins or any fish you can get from your fish monger (I often buy a whole snapper and ask them to fillet it, keep the fillets and cook for dinner or you can add to fish soup later if you like)

You can use a combination of different fish as well if that's all you have.

Ingredients:

Filtered water

1 tablespoon Apple Cider Vinegar

1 onion peeled and roughly chopped

2 celery stalks roughly chopped

6-12 peppercorns

1-2 teaspoons Himalayan Rock Salt

2-3 Bay Leaves

Instructions:

Place the fish, Apple Cider Vinegar, onion, celery, peppercorns, salt, bay leaves and water into the pot (leave about 5-10cm from the top of the pot when filling with water) and bring to the boil.

Allow this to simmer for around 90 minutes (or up to 2 hours), skimming any scum that may rise to the surface.

Once you've finished cooking the stock allow it to cool slightly and strain it.

(When straining fish stock it's advisable to use a strainer lined with muslin cloth to ensure any fine bones or scales are caught and don't end up in your soup).

If you're going to use it immediately then strain it into another pot ready to make a nourishing soup with, otherwise allow the stock to cool completely and place in containers to freeze for later use.