



Podcast Script
Season 1 / Episode 3 - [Stocks, Broths & Consommés]
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Opening

Hello my fellow chefs, today we talk stocks, broths & consommés... what the differences are, how to make them and what to use them for. I am Mark Grigsby, your chef and guide through this experience and this... is the incrEDIBLE Discourse.

Introduction

Before we get started I wanted to update everyone on a couple of things. First the website is nearing a point where we are comfortable to launch. My wife, who also is our marketing and media manager, has put together an amazing website where you can find out all that we do here on the incredible discourse. We're still working out the youtube channel where you can find all of my recipes in motion, but for now the website will serve as the hub for all recipes, podcasts and eventually merch and things like that. I'll try to give an update on every show to keep you all on top of what is going on.

Now on to business....

So today I wanted to talk about stocks, broths and consommés.. The differences between them, the applications they're used for and how to make them. I wanted to do this because the last two shows I have used a stock or broth in the recipe, promised I would put up a recipe for them and then never did. I try to pre plan a lot of these shows so that I can put together an interesting and informative piece to present to you and as I was doing so I realized that in many of these upcoming recipes, a stock or broth is included in the ingredients list. So naturally, I thought a tutorial of stocks and broths would be a healthy addition to the show. I like these 3 recipes because they are a base for many recipes. With them, you can make many things like sauces for your meats with the stocks, soups and stews with the broths and even appetizers like an aspic with the consommé.. if you're into that kinda thing lol. Now there are many ways to make a stock, broth or consommé... this is not the "be all end all" of the recipes, but it is a basic outline of how to prepare them. If you ask 20 different chefs how to make chicken stock, you will undoubtedly get 20 different answers. But this is my way and I have used this method in many of my restaurants over many years. It works for what I use it for and that's the objective. I'm sure these will work for you as well and once you get the idea of how to do it you can flavor it however you want to...

Before we get into the recipes and how you make them, let's define what each of them are so we have a basis of information.

A stock is thought to have originated around the time fire was discovered as a way to extract every calorie from an animal. It was first used in cooking in the 18th century when the French system of sauces categorized stocks as a fundamental ingredient that could balance and harmonize a dish. It's made with the bones of the animal and is thicker in texture and consistency due to the gelatin extracted. You wouldn't necessarily serve a stock on its own due to its consistency being thicker, but you would use it to make sauces or even as a thickening agent. The gelatin from the bones gives it a richer mouthfeel which is great for enhancing the body of dishes with rich sauces. It's usually simmered for 6 or more hours to extract this gelatin and provides a richer, more gelatinous texture when cooled. When we start getting into cooking fundamentals for stocks, we find out that there are really 3 that can be made.. Light stocks, dark stocks and fumets. A light stock is made by simply boiling the bones, vegetables and spices for a really long period to extract the gelatin. A dark stock is made by pre roasting the bones before simmering them with flavorings and often has tomato paste incorporated into it. A fume is made from the bones and carcasses of fish with vegetables and occasionally wine. Blond, white or light stocks would be used for more mild flavored recipes like soups, but dark stocks would be used more for braises due their deeper, more complex flavor profiles. Fumets are quite versatile and are used for comfort dishes like fish soups, chowders and stews. I'll do a separate show where I detail how to make a fumet. Now, books will tell you that there is a 4th stock, vegetable stock. But a stock is defined as using water to extract gelatin, right? Vegetable stock contains no gelatin and does not thicken when reduced. I believe that since it does not have the same properties as the other 3, it cannot be classified as a stock. It's more of a broth than a stock. I don't care what anyone else tells you, there isn't such a thing as "vegetable stock". lol.

A broth is usually with the meat, fat and some bones of the animal plus some vegetables to create a flavorful water-like consistency. It's usually fattier or oilier than a stock because the fat is added. Broths are served alone, or with vegetables, meats or herbs to create a soup. They are simmered for a lot shorter time than a stock to extract flavors, usually about 1 or 2 hours. These are great for simple soups, an example would be chicken noodle soup where the chicken meat is often boiled and shredded and added to a light chicken broth with vegetables and pasta. The origins of cooking broths can be traced back to the stone age when people made "stone soup" by adding hot stones to water with leftover meat, bones and fat. Now the actual recipe of stone soup is more of a moral story than a recipe, but can be traced far far back nonetheless. The word "broth" comes from the Germanic word "bru", which means "to prepare by boiling" and dates back to 1000 CE. Early broth recipes could be made from either vegetables or animals, but by the 17th century it was more commonly associated with meat.

Lastly, the consomme. A consomme is a broth or stock that has been clarified by way of a "raft" of various ingredients. Sometimes with proteins or vegetables mixed with egg whites to extract the impurities from the liquid to make it crystal clear. Legend has it that Louis XIV of France is said to have been responsible for the invention of the consomme when he ordered his chef to create a soup so clear that he could see his "kingly" reflection in it. Nowadays a consomme is

frequently seen as a starter dish or an amuse bouche containing a garnish of mirepoix or vegetables. Consommés are also the base of aspics which is a kind of meat jelly.

It's important to note that all 3 of these "soups" can be and are generally made with vegetables, herbs and spices as flavorings and can be modified in various ways depending on what your objective is. This is literally one of those things that when done correctly and applied correctly can take your dishes to a whole other level.

Now that we got that never ending explanation out of the way, it's time to cook.. Let's get in it.

Topic 1 - Stocks, Broth & Consommés

Yield: Stock 10-12C / Broth 8-10C / Consommé 2-3C

Equipment:

So today's show we're going to go a little outside our previous structure. We usually talk about just one recipe, but today we're going to do 3. I want to do this so that the differences in preparation and application can be compared side by side. This way, we can really dissect what each of these soups are and why we make them differently and their various purposes. Now, all of these soups use basically the same equipment. You will need a decent size pot, probably about 8-10qts.. Enough so that you can stuff all of the carcasses, and vegetables, and other shit you're gonna need to make a flavorful stock or broth or consommé. You'll also need a cutting board.. You'll be breaking down a lot of animal parts and vegetables so make sure you have one with a pretty good surface area to work with. Obviously since you need a cutting board, you're going to need a chef's knife right? I guess that's a duh, but you know I have to detail it. You'll need measuring equipment.. Spoons and cups.. A slotted spoon, a fine mesh sieve or cheesecloth and a second pot or a large bowl that you can strain the liquid into and separate the solids. You'll also need a little kitchen twine.. But if you don't have any, it's not a deal breaker, we can get by without it. At the end, lastly.. You're gonna need airtight containers to store your liquid in. As with all of our recipes here at The IncrEDIBLE Discourse, I'll leave links in the description of some equipment that will help you out for these recipes.

Ingredients:

Now let's talk about the ingredients that you will need to prepare these 3 recipes. This is where the deviation of structure begins. Traditionally I list the ingredients and then we move on to the method, but because we're talking about multiple recipes and I don't want any confusion and I want to be able to detail how we make each recipe, I'm going to list the ingredients for the stock first and then build from there. All of the recipes call for the same ingredients, just in different amounts and are cut differently.

So.. that being said, this is what we're going to need to make a stock. I like to use stocks in various things. Yes, you can use it in soups and stews for a heartier, thicker base, but it's also

good for making sauces and braising because when reduced it thickens up and glistens resulting in a sauce that coats your palette and hydrates your proteins or vegetables. Today we're going to use chicken across the board for all 3. It's cheap and easy to work with and so let's start there..

4-5# of chicken carcasses or bones. I like to use a combination of the carcass and the feet. The feet contain a lot of gelatin and collagen which is good for a variety of things. One, it gives you a rich thick broth because of the gelatin and it's also high in protein from the collagen. You'll need some yellow onion, carrot and celery rough chopped and some smashed garlic cloves. Now we're going to make a bouquet garni... for those unfamiliar with what this is.. It's an old french technique where you tie herbs together. The bouquet is added in the beginning of the cooking process and cooked down to infuse an herbaceous and aromatic flavor and then is removed before serving. In this case, I'm going to use thyme and rosemary and tie them together using the twine I mentioned in our equipment list. I'll also need to get into the spice cabinet and grab a tablespoon of black peppercorn, a tablespoon of coriander seed and 2 bay leaves, 4qts of water and that's it... we're ready to cook.

Method:

First I'm going to prepare the chicken and the vegetables. I need to rinse the chicken off under cold water to wash away any of the juices. These juices can make your stock cloudy and we want to try to have the clearest stock possible. Next I'm going to place the chicken, the vegetables, the spices and the bouquet and then add the water. The ingredients should all be submerged in the water before bringing this to a simmer. Not a boil, but a simmer. I'm going to cook this for 4-6 hours adding water along the way if necessary to keep all of it submerged.

Now.. This makes a blonde, or light stock. If I was going to make a dark stock I would roast the bones and feet first until they have a deep color on them. Not burnt, but colored. Black would make the stock bitter, so I'd need to keep checking on the bones to make sure they're just right. Then I would add the bones to the vegetables, spices, herbs, tomato paste and water...simmer for 4-6 hours and my result would be a richer, darker stock.

Anyhow, while the blonde stock is simmering I'm going to skim the top of any foam or impurities. This will also aid in making sure my stock is as clear as possible.

Once enough time has elapsed, the bones will start to break down and fall apart. When this happens I remove the stock from the heat, remove all of the larger solid pieces with the slotted spoon, discard the solids and then strain the remaining liquid through the fine mesh sieve or cheesecloth into the second pot or large bowl. The recipe should yield about 8-12 cups of liquid and has to cool to room temperature before portioning into the airtight containers. This is a crucial step... If you divide the stock.. Or anything for that matter... While it's boiling hot and then cover it, it will spoil faster and create foodborne bacteria which can lead to illness. Very important. Once it's cooled and portioned, I refrigerate it overnight. By doing this the fat will rise to the top and solidify making it easier to remove. You'll need to do this before storing. You can refrigerate this for up to 5 days or freeze it for up to 3 months. In my restaurants, I would make a

huge abundance of dark stock.. Like 15 gallons at a time and freeze it. We used so much of it that it never went bad. I don't remember ever having to throw away stock and we used it for many things.. Sauces, soups, braises.. Good way to store it so you're not making it all the time because it takes a considerable amount of time to do.

Let's talk about making a broth.. I like to use broths for simple soups, stews and chowders because of its light density. A broth is going to use the same exact ingredients, but instead of the chicken carcasses and feet I'm going to use the dark meat and bones of the bird. I'm going to use the thigh, the leg and the wings.. All bone in. I place all of the ingredients into the pot, fill with water and simmer for 2-4 hours adding water if the level dips below the ingredients. Very important to keep everything submerged in the water to get the most flavor and gelatin out of the meat and bones. The longer the stock simmers, the more flavor I'm gonna extract. Now as I'm making this broth, one thing that I'm going to notice that is different from the stock is that there is considerably more amount of fat in the liquid due to the skin and fat remaining on the chicken. This is a good thing, this is flavoring my liquid in conjunction with the vegetables, herbs and spices.

After 2-4 hours, I'm going to remove the pot from the heat and use the slotted spoon to remove the solids, but rather than discard the chicken pieces, I'm going to set them aside to cool. There is good eating meat on these bones and we shouldn't waste it. It can be used for so many things. If you are not going to use this meat in whatever your endgame is here, let it cool, bag it and refrigerate it and use the shit later. All of the vegetables can be discarded. I'm going to strain the remaining liquid through the fine mesh sieve or cheesecloth into the second pot or large bowl and let it get to room temperature before portioning. This one should yield about 8-10 cups and just like I did with the stock, I'm going to portion it and chill it overnight so that fat and oil rises to the top so I can remove it easier the next day. This will keep just like the stock... 5 days refrigerated, 3 months frozen.

I'm sure you've gotten this far and wondered... how come we didn't salt anything throughout this process. And the answer is this.. A stock or broth is usually used as a component of a dish. If you salt it now or throughout the process of making it, it could result in throwing off the salt balance in the dish it is a component of.. Does that make sense? In other words... If you salt the broth or stock, and add it into the sauce you're trying to make that also contains salt your shits going to be salty. Always season your end product. You can always add salt, but you can't take it out.

This is a basic way to make stocks and broths and you can substitute and change all of the ingredients to your liking or based on what your application will be. If you don't like the onion flavor in your stock, don't add onions.. If you don't have herbs, you don't have to have them.. The critical components of these two recipes are the protein and the water. Those 2 you must have. So veal bones and water make veal stock.. Or lamb scraps and water make lamb broth, duck carcasses and water make duck stock and so on. The mirepoix, spices and herbs simply give your stock or broth a complexity and boost of flavor. You don't even have to use the traditional mirepoix if you don't want to... use parsnips, leeks and garlic or whatever you want or

have on hand...this is why stocks and broths are so versatile.. Because there are an endless amount of combinations to flavor them. Get creative and explore!

Next I wanna talk about consommes and saved this one for last on purpose. I did this because you need a stock or broth in order to make this recipe. Remember that a consomme is a clarified stock or broth so naturally you would need to make one of the previous recipes to make this particular one. Let's go with the stock in this recipe. Now the ingredients list for this process is a little more detailed and refined.

I'm going to need 2 pounds of ground chicken, 8 cups of chicken stock, 4 large egg whites, 2 bay leaves, a teaspoon of black peppercorns and a bouquet garni of parsley and thyme. I'm going to also need a mirepoix of onion, carrot, celery and garlic, but instead of rough chopping the vegetables and smashing the garlic like I did in the previous 2 recipes, I'm going to finely mince all of the vegetables. All of these ingredients will help the consomme retain flavor while the egg whites clarify the liquid. Now the only piece of equipment that I will need outside of exactly what I used in the previous two recipes is a mixing bowl and a ladle. Inside that mixing bowl I'm gonna combine the ground chicken, the egg white, the mirepoix and garlic. I'm gonna mix this and form a paste like consistency with these ingredients and set aside for a few minutes while I prepare everything else. In the first large pot I'm going to add the stock, peppercorns, bay leaves and my bouquet and then add the chicken paste mixture. I'm gonna crank the heat to medium and slowly bring this mixture to a gentle simmer. It's important to note that it has to be a gentle simmer because I don't want to fuck with the "raft" that I'm trying to make. This is the entire purpose of what I'm doing.. If the raft fucks up, the liquid will not clarify and I've wasted time and product for some bullshit. As the liquid heats, the egg whites and chicken will coagulate and rise to the surface forming this raft.. Do not stir or mix the liquid once this happens.. Don't. Fuck. The. Raft. up.

Once I've got a simmer going, I'm gonna reduce the heat to low and make a small hole in the center of the raft using a spoon. This hole should be big enough to fit the ladle through, but still not huge. This will allow the consomme to simmer gently without disturbing the raft. I'm gonna cook this for about an hour and let the raft work its magic.

After the time has elapsed, I'm gonna remove this from the heat being careful not to slosh it around, keeping in mind the security of the raft. I'm going to ladle the liquid out through the hole I made, through the fine mesh sieve or cheesecloth into the second pot or large bowl making sure that all of the solids are removed. Discard the raft at the bottom of the pot. Now I'm going to taste this shit and adjust my seasonings. This is the end product so I wanna make sure it tastes good. Now I'm ready to serve.. I can add some finely chopped mirepoix or mushroom to a dish and pour the hot consomme over it or I can get super fancy and make a royale of egg custard... mold it or shape it and add that as a garnish. Seems like a lot of work for such a simple dish, but the endgame is a beautiful clear soup that will highlight whatever you choose to put in it.

And that's it.. Today I detailed how I make a stock, a broth and a consomme, the differences in production for the 3 and the applications that each will work for. As crazy as it sounds.. After all the work put into making these 3, they are simply a component of a larger, more refined dish in most cases.. But it is the building of flavor, complexity and texture that these components offer that take your cooking to the next level.

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Now it's time for..

Food for Thought; or what i like to call... Pro Tips from a Chef's Lips....

Topic 2 -

Because we ran through 3 recipes today, I'm not going to talk about 2 pro tips on this particular show, I'll just do 1. And this 1, ties the whole day's lesson together. This part of the discourse can apply to home and professional cooks... that's the importance of knowing how and why to make your own stocks and broths. Nevermind the consomme right now. That's kind of a specialty dish to its own right, but stocks and broths are almost an essential thing to know how to do. Why? Because these components will provide an element of deep flavor and complexity to your dishes. For instance.. In our first episode we talked about shrimp and grits. And one of the components of the dish was chicken stock right? Imagine if you would have used a bouillon cube and water for your chicken stock rather than actually making it.. Everyone has had chicken bouillon before... they're those little packets that come with the prepackaged, hard noodle, microwavable ramen you're probably eating right now while listening to The IncrEDIBLE Discourse. And sure it tastes ok, but it's surely one dimensional.. It's salty and savory.. But it has no texture or complexity. The shrimp and grits would be flat and the sauce would do absolutely no justice to the dish. The same goes with the short rib braise we did in our last episode... you could use water of course.. But when you strain the sauce and reduce it would you get that depth of dark rich flavor? Fuck no you wouldn't. And that's a key to that particular dish's success. Without the sauce, it just becomes a soft piece of meat.. It almost begs to have that rich, toothsome sauce that coats your palette and keeps you coming back for more. As a professional cook or chef that's what you're reaching for.. That perfect bite that you cannot help but to come back to. It's what ties the entire dish together. Building of flavor is what it's all about and this is a basic skill that helps tremendously.

And if you're at home and taking the time to braise something for hours... why the hell would you wait hours on end for a sub par product.. Would it entice you to do it again? Chances are it wouldn't.. But if you upped your game and brought out the big guns with a banging ass sauce and everyone loved it.. You'd instantly be a hero and your friends and family would regard you a legend and likely ask you to make it again and again. That warm feeling of appreciation and success you get will likely get your ass back in the kitchen slaving once again for that glorious satisfaction on all their faces.

Learning how to make stock and sauces and then executing the techniques well will most likely result in a better end product every time. Your soups and stews game will increase incredibly, your braises will be on point and your sauces luscious. I used to work for a chef that used to ask the chefs who were coming in to stage for a job to make a soup. I used to think that was unusual because normally when you go on a stage the chef wants to see your knife work, or how well you can cook a steak to temperature or fish butchering skills.. And although there were different components of the stage that displayed those skills, yes.. She still wanted them to make soup. She said, if someone can make water taste amazing, they know how to infuse flavor. If they can make water taste good, they can make anything taste good. Now I don't know about anything, cause I've met some cooks who make great soups but burn the shit out of some proteins or can't blanch and shock vegetables properly, but I do agree that making water taste great is a skill.

Try these recipes, they will be up on theincrediblediscourse.com. And make your own variations and let me know what you came up with and what you used them for. I love hearing your feedback and stories of your creativity in motion. Keep cooking. Keep building. Keep learning.

Outro

If you like what you heard today leave me 5 stars on spotify or a great review wherever you're listening to this and make sure you visit us at theincrediblediscourse.com and all of our socials when they come up. I appreciate your time as always. I'm Mark Grigsby and you've just been put through The IncrEDIBLE Discourse. Till next time... where my theme music at?