



## **Basic Recipes**

### **Stocks**

#### **Chicken Stock**

##### **Ingredients:**

- 2 lbs chicken bones (backs, wings, or carcasses)
- 1 onion, quartered
- 2 carrots, roughly chopped
- 2 celery stalks, roughly chopped
- 2 bay leaves
- 10 black peppercorns
- 10 cups water

##### **Steps:**

1. Place all ingredients in a large stockpot.
2. Bring to a boil, then reduce heat to low and simmer for 4-6 hours.
3. Skim impurities regularly to maintain clarity.
4. Strain and cool before storing.

**Applications:** Essential for risottos, chicken noodle soup, and as a base for sauces like velouté or gravy.

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## Veal Stock

### Ingredients:

- 5 lbs veal bones (optional roasting)
- 1 onion, halved
- 2 carrots, roughly chopped
- 2 celery stalks, roughly chopped
- 2 bay leaves
- 10 black peppercorns
- 12 cups water

### Steps:

1. Roast veal bones at 400°F for 30 minutes to enhance flavor.
2. Combine bones and vegetables in a pot and cover with water.
3. Simmer for 8-10 hours, skimming impurities regularly.
4. Strain and cool.

**Applications:** Integral to classic French dishes like sauce Espagnole or stews like blanquette de veau.

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## Dark Stock

### Ingredients:

- 5 lbs veal or beef bones
- 1 onion, halved
- 2 carrots, roughly chopped
- 2 celery stalks, roughly chopped
- 2 tbsp tomato paste
- 2 bay leaves
- 10 black peppercorns
- 12 cups water

### Steps:

1. Roast bones and vegetables at 425°F until deeply browned.
2. Mix roasted ingredients with tomato paste and roast an additional 10 minutes.
3. Combine with water and aromatics in a pot.
4. Simmer for 10-12 hours, skimming impurities regularly.
5. Strain and cool.

**Applications:** Ideal for reductions like demi-glace, rich braises, and hearty soups like French onion soup.

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## Light Stock

### Ingredients:

- 2 lbs chicken or veal bones
- 1 onion, quartered
- 1 carrot, roughly chopped
- 1 celery stalk, roughly chopped
- 2 bay leaves
- 10 cups water

### Steps:

1. Combine bones and vegetables in a pot and cover with water.
2. Bring to a boil, then reduce to a simmer for 3-4 hours.
3. Strain and cool.

**Applications:** Perfect for subtle dishes like consommés, light soups, or velvety sauces.

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## Lamb Stock

### Ingredients:

- 5 lbs lamb bones (optional roasting)
- 1 onion, quartered
- 2 carrots, roughly chopped
- 2 celery stalks, roughly chopped
- 2 bay leaves
- 10 black peppercorns
- 12 cups water

### Steps:

1. (Optional) Roast lamb bones at 400°F for 30 minutes to enhance flavor.
  2. Combine bones, vegetables, and aromatics in a large stockpot.
  3. Cover with water, bring to a boil, then reduce to a simmer for 8-10 hours.
  4. Skim impurities regularly, strain, and cool before storing.
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## **Pork Stock**

### **Ingredients:**

- 5 lbs pork bones (neck bones or trotters)
- 1 onion, halved
- 2 carrots, roughly chopped
- 2 celery stalks, roughly chopped
- 1 head of garlic, halved
- 2 bay leaves
- 10 black peppercorns
- 12 cups water

### **Steps:**

1. Combine pork bones, vegetables, and aromatics in a large pot.
  2. Cover with water, bring to a boil, then reduce to a simmer for 6-8 hours.
  3. Skim impurities regularly, strain, and cool before storing.
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## **Duck Stock**

### **Ingredients:**

- 2 lbs duck bones
- 1 onion, quartered
- 2 carrots, roughly chopped
- 2 celery stalks, roughly chopped
- 2 bay leaves
- 10 black peppercorns
- 8 cups water

### **Steps:**

1. Roast bones at 400°F for 30 minutes.
2. Combine with vegetables and water in a pot.
3. Simmer for 4-6 hours, skimming impurities.
4. Strain and cool.

**Applications:** Complements duck confit, risottos, and sauces like orange or cherry reduction.

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# **Broths**

## **Chicken Broth**

### **Ingredients:**

- 1 whole chicken (about 3 lbs)
- 1 onion, quartered
- 2 carrots, roughly chopped
- 2 celery stalks, roughly chopped
- 2 garlic cloves
- 10 cups water

### **Steps:**

1. Place the chicken and vegetables in a pot and cover with water.
2. Bring to a boil, then reduce to a simmer for 2 hours.
3. Remove the chicken and strain the broth.
4. Use the cooked chicken for salads, sandwiches, or casseroles.

**Applications:** The perfect base for soups, casseroles, or simply enjoyed warm with herbs.

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## **Bone Broth**

### **Ingredients:**

- 5 lbs assorted bones (beef, chicken, or pork)
- 2 tbsp apple cider vinegar
- 1 onion, halved
- 2 carrots, roughly chopped
- 2 celery stalks, roughly chopped
- 1 head of garlic, halved
- 12 cups water
- Optional: herbs like parsley or thyme

### **Steps:**

1. Roast bones at 400°F for 30-40 minutes for enhanced flavor.
2. Combine roasted bones, vinegar, and water in a slow cooker or pot. Let sit for 30 minutes.
3. Add vegetables and aromatics. Simmer for 12-24 hours, skimming impurities periodically.
4. Strain and store.

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## Vegetable Broth

### Ingredients:

- 1 onion, quartered
- 2 carrots, roughly chopped
- 2 celery stalks, roughly chopped
- 1 leek, sliced
- 3 garlic cloves
- 2 bay leaves
- 10 black peppercorns
- 10 cups water

### Steps:

1. Combine all ingredients in a pot and cover with water.
2. Bring to a boil, then simmer for 1 hour.
3. Strain and cool.

**Applications:** A versatile vegetarian base for soups, stews, and grains like quinoa.

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## Tomato Broth

### Ingredients:

- 5 lbs ripe tomatoes, chopped
- 1 onion, diced
- 2 carrots, diced
- 2 celery stalks, diced
- 2 garlic cloves, minced
- 4 cups vegetable broth
- 2 tbsp olive oil
- 2 bay leaves
- Salt and pepper to taste

### Steps:

1. Heat olive oil in a pot and sauté onion, carrots, celery, and garlic until softened.
  2. Add chopped tomatoes, bay leaves, and vegetable broth.
  3. Simmer for 45 minutes, stirring occasionally.
  4. Strain for a clear broth or blend for a thicker texture.
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## Beef Broth

### Ingredients:

- 2 lbs beef shank or meaty beef bones
- 1 onion, halved
- 2 carrots, roughly chopped
- 2 celery stalks, roughly chopped
- 3 garlic cloves, smashed
- 2 bay leaves
- 1 tsp black peppercorns
- 10 cups water

### Steps:

1. In a large stockpot, combine beef, vegetables, bay leaves, and peppercorns.
2. Add water to cover the ingredients.
3. Bring to a boil, then reduce to a simmer. Cook for 4-6 hours.
4. Skim impurities occasionally to maintain clarity.
5. Strain the broth, discarding solids, and cool before storing.

**Applications:** Use as a base for soups (e.g., beef noodle soup), braises, or hearty sauces.

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## Mushroom Broth

### Ingredients:

- 1 lb fresh mushrooms (button, cremini, or shiitake), sliced
- 1 oz dried mushrooms (porcini or shiitake), rehydrated
- 1 onion, diced
- 2 carrots, chopped
- 2 celery stalks, chopped
- 3 garlic cloves, minced
- 2 bay leaves
- 10 cups water
- Salt and pepper to taste

### Steps:

1. Heat a pot and sauté fresh mushrooms in a small amount of oil until browned.
2. Add rehydrated mushrooms, onion, carrots, celery, garlic, and bay leaves.
3. Pour in water and bring to a boil, then reduce to a simmer. Cook for 1-2 hours.
4. Strain the broth and season with salt and pepper to taste.

**Applications:** Ideal for vegetarian soups, risottos, or as a base for sauces.

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## Miso Broth

### Ingredients:

- 4 cups dashi (or vegetable broth)
- 3 tbsp miso paste (white or red)
- 1 sheet kombu (optional)
- 1/4 cup thinly sliced green onions
- 1 block silken tofu, cubed
- 1 cup wakame seaweed, rehydrated

### Steps:

1. Heat dashi or vegetable broth gently, avoiding a boil.
2. Whisk in miso paste until fully dissolved.
3. Add kombu, green onions, tofu, and wakame.
4. Simmer gently for 5-10 minutes, then serve warm.

**Applications:** Great for sipping or as a base for noodle dishes or light soups.

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# **Consommés**

## **Chicken Consommé**

### **Ingredients:**

- 8 cups chicken stock
- 1 lb ground chicken
- 2 egg whites
- 1 carrot, finely diced
- 1 celery stalk, finely diced
- 1 tomato, chopped
- Salt to taste

### **Steps:**

1. Combine all ingredients in a pot and mix thoroughly.
2. Heat slowly, stirring gently until a raft forms on top.
3. Make a small hole in the raft and simmer gently for 45 minutes.
4. Strain through a fine sieve lined with cheesecloth.

**Applications:** A sophisticated soup course or a base for aspics.

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## **Veggie Consommé**

### **Ingredients:**

- 8 cups vegetable stock
- 1 lb assorted vegetables (leeks, carrots, celery), finely chopped
- 2 egg whites
- 1 tomato, chopped
- 1 tsp salt

### **Steps:**

1. Mix vegetables, egg whites, and salt in a pot with vegetable stock.
  2. Heat gently, stirring until a raft forms on top.
  3. Simmer gently for 45 minutes. Do not stir.
  4. Strain through a cheesecloth for a clear consommé.
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## Fish Consommé

### Ingredients:

- 8 cups fish fumet
- 1 lb white fish trimmings, finely chopped
- 2 egg whites
- 1 tomato, chopped
- 1/4 cup parsley stems
- Salt to taste

### Steps:

1. Combine fish trimmings, egg whites, tomato, and parsley stems with fumet in a pot.
  2. Stir gently while heating until a raft forms.
  3. Simmer for 30-40 minutes and strain through cheesecloth.
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## Duck Consommé

### Ingredients:

- 8 cups duck stock
- 1 lb ground duck meat
- 2 egg whites
- 1 carrot, diced
- 1 celery stalk, diced
- 1 tomato, chopped
- Salt to taste

### Steps:

1. Combine all ingredients in a large pot.
  2. Heat gently, stirring until a raft forms.
  3. Simmer gently for 45 minutes. Strain through cheesecloth.
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## **Tomato Consommé**

### **Ingredients:**

- 6 cups tomato juice
- 1 lb tomatoes, finely chopped
- 2 egg whites
- 1/4 cup basil leaves
- 1 tsp salt

### **Steps:**

1. Combine tomato juice, chopped tomatoes, egg whites, and basil in a pot.
  2. Heat gently, stirring until a raft forms.
  3. Simmer for 45 minutes and strain for a clear consommé.
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## **Lobster Consommé**

### **Ingredients:**

- 8 cups lobster stock
- 1 lb lobster shells, crushed
- 2 egg whites
- 1/4 cup chopped fennel
- 1 tomato, diced
- 1 tsp salt

### **Steps:**

1. Combine lobster stock, shells, egg whites, fennel, and tomato in a pot.
  2. Heat gently, stirring until a raft forms.
  3. Simmer for 45 minutes and strain through cheesecloth.
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## Wild Mushroom Consommé

### Ingredients:

- 8 cups mushroom stock
- 1 lb assorted wild mushrooms, finely chopped
- 2 egg whites
- 1 shallot, diced
- 1 garlic clove, minced
- 1 tsp salt

### Steps:

1. Combine mushroom stock, mushrooms, egg whites, shallot, and garlic in a pot.
2. Heat gently, stirring until a raft forms.
3. Simmer for 45 minutes and strain through cheesecloth.

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## Beef Consommé

### Ingredients:

- 8 cups beef stock
- 1 lb lean ground beef
- 2 egg whites
- 1 onion, finely diced
- 1 celery stalk, finely diced
- 1 tomato, chopped
- Salt to taste

### Steps:

1. Combine all ingredients in a large pot and mix thoroughly.
2. Heat gently, stirring occasionally, until a raft forms on the surface.
3. Make a small hole in the raft and simmer for 45 minutes without stirring.
4. Carefully ladle the consommé through a fine sieve lined with cheesecloth.

**Applications:** Used as an elegant appetizer, a base for aspics, or in refined consommé soup recipes.

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## Fumet

## Fish Fumet

### Ingredients:

- 2 lbs fish bones (non-oily fish)
- 1 onion, chopped
- 2 celery stalks, chopped
- 1 leek, chopped
- 1/2 cup white wine
- 10 cups water

### Steps:

1. Rinse fish bones thoroughly.
2. Combine all ingredients in a pot and bring to a gentle simmer.
3. Cook for 30-40 minutes, skimming impurities.
4. Strain and cool.

**Applications:** Seafood soups like bouillabaisse, bisques, or delicate sauces like beurre blanc.

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## Shellfish Fumet

### Ingredients:

- 2 lbs shrimp or crab shells
- 1 onion, chopped
- 2 celery stalks, chopped
- 1 leek, chopped
- 1/2 cup white wine
- 10 cups water

### Steps:

1. Rinse shells thoroughly.
2. Combine all ingredients in a pot and bring to a gentle simmer.
3. Cook for 30-40 minutes, skimming impurities.
4. Strain and cool.

**Applications:** Perfect for dishes like lobster bisque, shrimp scampi, or seafood risotto.

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## Mushroom Fumet

### Ingredients:

- 1 lb fresh mushrooms, sliced
- 1 oz dried mushrooms (such as porcini)
- 1 onion, chopped
- 2 garlic cloves
- 2 bay leaves
- 10 cups water

**Steps:**

1. Combine all ingredients in a pot and bring to a gentle simmer.
2. Cook for 1 hour, allowing the flavors to infuse.
3. Strain and cool.

**Applications:** Use in creamy mushroom risotto, vegetarian soups, or as a base for mushroom gravy.

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