



## Fish Stock

### Ingredients

1 kilo and 135g assorted bones, heads (no gills) and trimmings from white-fleshed fish chopped into large pieces (avoid oily varieties like salmon, bluefish, or whiting)  
2 tablespoon vegetable oil  
1 medium onion, coarsely chopped  
2 medium celery ribs with leaves, coarsely chopped  
½ cup dry white wine, such as Sauvignon Blanc  
¼ teaspoon dried thyme  
¼ teaspoon black peppercorns  
6 parsley sprigs  
1 bay leaf  
1 1/2 quarts water

### Directions

In a 5-7 quart pressure cooker, combine the fish, onion, celery and parsley. Add the wine. Pour in enough water to cover the fish completely, but the cooker should be no more than 2/3 full.

Bring to the boil, uncovered, over a high heat, simmering off any foam that rises to the surface.

Add the thyme, peppercorns and bay leaf.

Drizzle the oil over the stock.

Lock the lid in place; bring to high pressure over a high heat.

Adjust the heat to maintain the pressure.

Cook for 10 minutes.

Remove from heat and release the pressure naturally.

This will take 20 minutes. Strain the stock through a colander into a medium bowl. Cool completely.

(The stock can be prepared up to 2 days ahead, stored in an airtight container and refrigerated, or frozen for up to 2 months.)