

# Halibut Fish Stock

Makes 8 Cups

## Ingredients

- 2 1/2 – 3 pounds fresh halibut trim, chopped into 2"- 3" chunks and rinsed in cold water
- 3 tablespoons grapeseed oil (or any mild tasting vegetable oil)
- 2 onions, roughly chopped
- 2 stalks celery, roughly chopped
- 2 leeks, white part only, roughly chopped
- 1 fennel bulb, roughly chopped
- 4 whole garlic cloves
- 1 cup dry white wine
- 1 bouquet garni (bouquet of herbs): bundle together with kitchen string a few sprigs of fresh thyme and a generous handful of fresh parsley, including stems
- 2 bay leaves
- 1 teaspoon whole peppercorns
- cold water

## Cooking Instructions

In a large stock pot, gently sauté the onions, celery, leek, fennel and garlic in the oil over medium heat until the vegetables soften slightly, without browning. Add the wine; continue to cook until the wine has evaporated by about half.

Add the fish bones and cook gently for a few minutes just until the meat on the fish bones starts to turn opaque. Add the bouquet garni, bay leaves, peppercorns and enough cold water to just cover the ingredients.

Bring the stock to a gentle simmer and continue to simmer for 30 minutes. The stock should not boil.

Strain the stock, discarding the solids, and use immediately or refrigerate for up to three days.

The stock can be transferred to plastic freezer bags and kept frozen for up to four months.