Fish fumet

Yield: 2 l

Ingredients

Stock

Rockfish or small mixed fish (morralla) — 1.5 kg
Water — 2 l
Onion — 2 pcs
Leek — 1 pcs
Carrot — 2 pcs
Celery — 2 sprigs
Garlic — 3 cloves
Bay leaf — 1 leaf
Black peppercorns — 3 pcs
Extra virgin olive oil — 2 tbsp
Lemon juice — 1 tbsp
Fresh parsley — to taste
Salt — to taste

Steps

1. Soak 1.5 kg and then put it in a colander under the tap to get rid of the sand and impurities. Set the crabs apart from the rest.
2. Cut 2 pcs, 1 pcs, 2 pcs and 2 sprigs into not-too-small pieces. Leave 3 cloves whole.
3. Heat 2 tbsp in a large pot and brown the crabs first. Add the rest of the fish and brown it for a couple of minutes.
4. Add 3 pcs, 1 leaf, the vegetables, to taste, to taste and 2 l.
5. Simmer over a low heat and skim off the foam for as long as it cooks.
6. Let the stock settle, add 1 tbsp and strain it through a chinois or a fine mesh sieve.
7. Cool it and store it: Directo al Paladar keeps it for up to 3 days in the fridge or up to 3 months in the freezer.

Sources

OkDiario: fish stock or fish fumet (for 2 litres of stock): https://okdiario.com/recetas/caldo-pescado-57866

Que.es: fumet, the shellfish or fish stock (recipe “for about two litres” with 2 l of water): https://www.que.es/2021/04/10/fumet-caldo-marisco-pescado/

Directo al Paladar: how to make a fumet or fish stock (1 kg / 5 l, 30 min, storage): https://www.directoalpaladar.com/curso-de-cocina/como-hacer-un-fumet-o-caldo-de-pescado

El Cocinero Casero: fumet or fish stock (500 g / 2.5 l, 20 min): https://elcocinerocasero.com/receta/fumet-o-caldo-de-pescado

Alicante Turismo: creamy rice with lobster (fumet from 400 g of scraps and 4.5 l, 1 h): https://alicanteturismo.com/en/recetas/creamy-rice-with-lobster-2/

Alicante Turismo: seafood paella (400 g of rice, 1,200 ml of fumet): https://alicanteturismo.com/en/recetas/seafood-paella/

Alicante, gastronomía y producto (Turismo de Alicante, 2022): Alicante rice, twice as much stock as rice: https://alicanteturismo.com/wp-content/uploads/2024/06/GUIA-ALICANTE-PRODUCTO-GASTRONOMIA-2022.pdf