



This zine and recipe were created by the volunteers at Homer Drawdown to address food waste on the Kenai Peninsula. We hope you find ways to use ALL parts of the fish you catch.

White Fish Stock

from fish trimmings!



Use your new, fabulous broth to make soup!



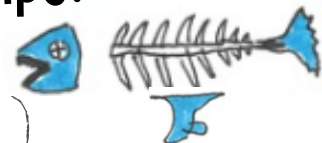
Once the fish has cooled, pull the meat and skin away from the bones, and set aside.

Saute the remainder of the diced onion, carrot, & celery with 2 cloves of minced garlic in butter or oil until browned.



Stock Recipe:

save me please



Save the heads, backbones, collars, and fins and keep them on ice or refrigerated until cooking.

But don't dally!

The fresher, the better. Wash well in cold water so that there is no trace of blood.

Dice 1 large onion



Dice 2 large carrots



Dice 3 stalks of celery



What are fish trimmings?

Trimmings are the leftovers, or by-product, of the fish after the main cuts like the fillet have been processed. This includes the head with gills removed (which can be snipped out with scissors), collars, backbones, and fins.

Ideally the trimmings will be from a white-fleshed fish such as halibut, rockfish, or cod – any fresh, white fish will do. They will make a delicious broth!

Portion out half of these veggies into a big pot and saute in 2 tablespoons of butter or other oil until they are soft and translucent – not browned.

Add half a cup of dry white wine and let simmer down over the sauteed veggies.



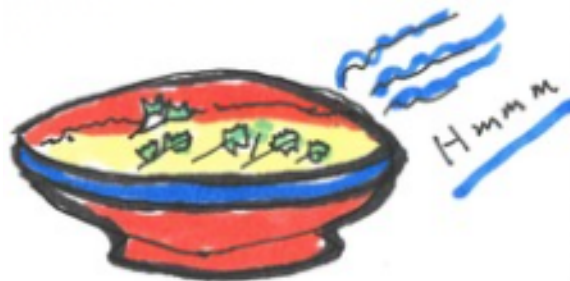
Add fish parts to the pot, barely cover with water, and begin to **simmer** lightly for 20 to 30 minutes.



Simmering, versus boiling, will preserve the quality of this light, flavorful broth.

Add your broth to the pan with fish scraps and bring to a low simmer.

Top with fresh cilantro!



Enjoy!



Now add salt & pepper to taste!



Add bay leaves to the broth for extra pep.



Variations of this broth include the substitution of the carrots for green bell peppers or the addition of garlic and parsley to the veggie mix.



After the simmer, strain the liquids from the solids and voila! A lovely stock that can be rendered into hearty soups and sauces.

YUM!

But what do we do with the strained fish trimmings?