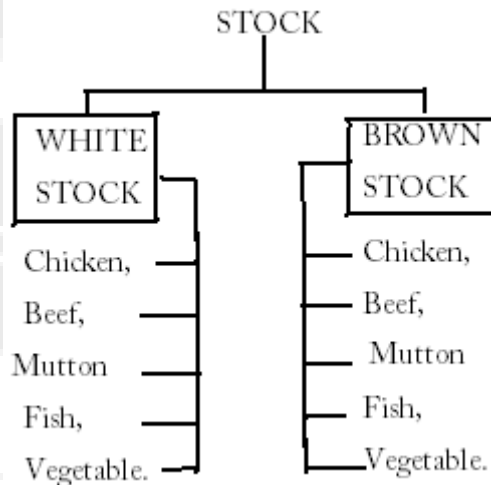


STOCK:

Definition:

It is a liquid in which meat or meat bones, fish or fish bones and various kinds of veg. (continental) has been cooked to extract flavour that is called kitchen stock.

Stocks are nutritious, strongly flavour liquid. They are important foundation liquids that are used in the preparation of various dishes such as soups, sauces, gravies, straws, curries, rice and cold dishes.



The stock is an important ingredient in various dishes; care should be taken in the preparation as follows-

- I. All fats should be removed from bones, as the stock becomes very greasy and clean.
- II. "Bone marrow" must be removed and put aside for use as a separate dish (marrow toast) and used as a garnish (petite marmite soup).
- III. Stock should only simmer.
- IV. Bouquet-garni should be tied to a handle of the stock pot. Cut large pieces of vegetables should be added then added the bouquet-garni in stock preparation.
- V. The scum should be removed by the use of spatula.
- VI. For storing the stock should strain and the liquid should be cold. No fat should be allowed to remain on the surface as heat is preventing from using the stock scum.
- VII. Stock should be stored in a freezer or refrigerator or cold room.
- VIII. Stocks turn cloudy if boiled too rapidly and if a lid is used and carefully strained and skimmed properly.

Components of Stock:

- 1) Major flavouring ingredients,
- 2) Bones,

- 3) Vegetable,
- 4) Liquid
- 5) Mirepoix- a combination of onions, carrots, celery, etc.
- 6) Herbs and spices.

Preparation of Stocks:

Preparation of White Stocks:

Recipe for 1liter-

Sl. No.	Ingredients	Quantity
1	Bones (Beef, chicken, mutton, fish, etc.)	500gram.
2	Carrots	50gram.
3	Onion	25gram.
4	Garlic	25gram.
Bouquet-garni		
5	Leeks	25gram.
6	Celery	25gram.
7	Parsley stick & roots	6gram.
8	Bay leaf	1 & 2 no.
9	Thyme	1 spring
10	Water	2 ltr.

Method: (white stock)

- a) Cut or break the bones into 3" to 4" and removed any marrow.
- b) Wash and place into stock pot and add water.
- c) Bring to the boil and skim of the scum and add cold water and wipe the side of the stock pot clean with a damp cloth.
- d) Add vegetable whole and the bouquet garni.
- e) Allow the stock to simmer for 6 hours; during which time the fat that will rise to the surface must be constantly skimmed off (the vegetable should be removed from stock after three hours).
- f) Pass through a muslin cloth, re boil and placed aside to cold.

Preparation of Brown Stocks:

Recipe for 1liter-

Sl. No.	Ingredients	Quantity
1	Bones (Beef, veal or mutton, etc.)	500gram.
2	Carrots	75gram.
3	Onion	25gram.
Bouquet-garni		
4	Leeks	25gram.
5	Celery	12gram.
6	Parsley stick & roots	6gram.

7	Bay leaf	1 & 2 no.
8	Thyme	1 spring
9	Water	2 ltr.

Method: (Brown Stock)

- a) Cut or break the bones into 3" to 4" pieces and place with pot (butter) in a roasting tray.
- b) Roast the bone into brown colour in a hot oven and remove the bone from oven, place in a stock pot (Handy).
- c) Cover with water, bring to boil and skim.
- d) Add the fried onion, carrots little bit of garlic, ginger and then add bouquet garni.
- e) The stock should simmer for 4-6 hours and skimming for time to time.
- f) Strain (Muslin cloth) pre-boil and used as required.

Note:

Main causes of cloudy stock preparation-

- 1) Using the lid.
- 2) Using the high flame and temperature.
- 3) Not maintaining the straining process.
- 4) Not proper cleanliness (Reducing bone marrow and fat from bone).

Note:- If the stock is cloudy in that time we are using the egg cell (ca) for clear the cloudiness.

Storage:- The correct storage temperature for stock is 1°C to 4°C.