

Semester V: Unit 1: Chapter 1.5

STOCKS

DEFINITION: - Stock is a flavored liquid, which forms the basis of many dishes, particularly soups and sauces. Stock is prepared by simmering particular vegetables or meats along with herbs in water, to extract flavor.

CLASSIFICATION: -

Fond de Cuisine (Kitchen Stock); Fond means 'bottom' or 'foundation'.
Fond de vegetal or Fond de Legumes (Vegetable Stock). Also known as Neutral stock or Fond maigre; simmered for 30-40 minutes.
Fond Blanc (White Stock) made from chicken, beef or veal bones; simmered for 3 hours. Fond Blanc de Mouton : - White Mutton Stock Fond Blanc de Volaille: - White Chicken Stock Fond Blanc de Veau: - White Veal Stock
Fond Brun or Estouffade(Brown Stock) made from chicken, beef or veal bones; simmered for 6 hours
Fond de Poisson or Fumet (Fish Stock) made from non oily fish bones ; simmered for 30-40 minutes
Fond de Champignon (Mushroom Stock) made from roughly chopped mushrooms ; simmered for 30-40 minutes
Fond de Gibier: - Game Stock

CULINARY TERMS ASSOCIATED WITH STOCK: -

1. Bouquet garni / Faggot: - A bundle of herbs and aromatics tied within sections of leek with cooking twine and simmered in stock to add flavor and aroma.
Can also add celery, fresh thyme, parsley stems and bay leaves.
2. Sachet de Epices: - A small cheesecloth sack containing herbs and spices used to flavor stocks, translates literally to "a bag of spices".
3. Mirepoix: - Roughly cut vegetables like onions, carrots and celery in the ratio of 50:25:25 respectively.
4. Depouiller: - day – poo – yay; This term signifies the process of skimming a stock for the first time while it is simmering.
5. De-glazing: - A technique by which liquid is poured into the pan and heated, stirred with a wooden spoon to remove the caramelized residue after roasting the meats and vegetables, and then adding the floating residue to the simmering stock.
6. Broth / Bouillon: - When any meat, poultry, game or fish stock is simmered with a fresh round of nutritional and aromatic ingredients, the result is an ultra clear, highly flavored broth.

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BASIC RECIPE FOR 1 LITRE STOCKS: -

<i>INGREDIENTS</i>	<i>VEGETABLE STOCK</i>	<i>WHITE STOCK</i>	<i>BROWN STOCK</i>	<i>FISH STOCK</i>
Onions	100g.	100g.	100g.	100g.
Carrots	50g.	50g.	50g.	50g.
Celery & Leeks	50g.	50g.	50g.	50g.
Bones	-	500g.	500g.	400g.
Peppercorn whole	2g.	2g.	2g.	2g.
Cloves	2g.	2g.	2g.	2g.
Bay leaves	2g.	2g.	2g.	2g.
Butter	-	-	-	15g.

CULINARY TERMS ASSOCIATED WITH STOCK: -

7. Consommé: - Clarified clear stock or broth is known as consommé. Clarification takes place by adding egg whites and minced meat to the simmering stock or broth.

7. Aspic: - When a consommé is reduced by 30%, this reduction effectively increases its gelatin content and flavor. Combined with a wine such as Madeira, Port or Sherry, consommé gets converted to Aspic. Aspic is used to coat individually served foods such as pate, poached eggs, cold cuts etc.

9. Glazes (Fr. Glaces): - When a consommé is reduced by 90% to such a consistency that it coats a wooden spoon evenly when dipped in the reduced consommé, the final product obtained is known as a Glaze.

10. Essences: - An essence is made by simmering a liquid with the addition of an aromatic ingredient. Typically essences are created using celery, garlic, mushrooms, tarragon and truffle. Liquid + aromat are reduced by 75% and the essence is used to impart finishing touches to the particular dish.

E.g. Celery essence is used to finish cream of celery soup.

11. Remouillage: - ray – moo – yay; A second stock preparation, prepared using the same ingredients of the first stock. This results in a weak stock but is flavorful than water. It can be used to cook products which require a mild flavor.

PRINCIPLE STEPS DURING PREPARATION OF STOCK

Although the ingredients are simple and the method simplistic, you must use great care. This is a base from which you will create a wide variety of dishes, so the stock must be right. As with any other preparation, you must start with quality stock are:

The four principle steps in producing stock are:

1. Start with cold liquid.
2. Allow natural clarification to occur.
3. Skim carefully.
4. Simmer, do not boil.

COLD LIQUID TO START

Beginning with a cold liquid prevents the sealing of the items. This makes it possible to release the flavours of the food, enhancing the liquid. This is a form of cooking by interchange. The flavours of meat, bones, poultry, etc. are transferred to the liquid surrounding them.

This interchange occurs whether the bones and vegetables are browned or not. However, when they are browned an additional flavour is added. This is caused by the caramelization of the natural sugars, which occurs during browning. It adds a richness of flavour and colour, not achieved otherwise.

NATURAL CLARIFICATION

A high quality stock has a clear clean appearance. This requires that it be clarified. Pouring the cooked stock through a fine sieve is not the kind of clarification that we mean here. It is the removal of the many minute particles, which form, in the cooking process. Albumin is a protein complex found in muscles, blood, milk, egg white, and many vegetable tissues, such as leeks. It is soluble only in cold water. Albumin is valued for its property of clarification by coagulation (forming a mass) when exposed to heat. The slower the application of heat, the better the removal of cloudiness from liquid. Bringing stock slowly to a boil gives the albumin time to pass into the solution. As its proteins coagulate, they attract particles in the liquid. The action is similar to that of a magnet. However, as with the magnet, when disturbed they will drop the particles. Cloudiness normally is the result of stock being boiled for too long and fast over high heat. This extended boiling breaks down the texture of the bone fibers. When this happens, the particles become blended and suspended in the liquid. This makes it difficult, if not impossible, to clarify. A slight amount of cloudiness is normal in stock. The lack of blood in the bones used in stock creates a lack of albumin. There is not sufficient protein to all the particles.

SKIMMING

As the stock cooks and the albumin coagulates, fat and scum will rise to the top of the pot. It is important to remove all of it. This removal is called skimming, carefully lifting fat and scum from the surface. The mirepoix of vegetables is finely cut for the best flavour extraction. This and the aromatics float on the top of the pot. This can make it difficult to skim properly. To make it easier to skim, add the mirepoix and the aromatics after about $\frac{1}{4}$ of the cooking time has lapsed. The largest accumulation of fat and scum will occur in the early cooking of the stock. Once the mirepoix and aromatics are added, do not skim unless necessary. Let the stock cook undisturbed.

SIMMERING

This very simple operation is often misunderstood. Improper application of it generates most of the burned stocks and sauces. Simmering is when liquid is hot enough to form small bubbles that rise from bottom of the pan. The bubbles break, just below the top surface of the liquid. As they rise and break a slight turbulence occurs. When the temperature is too high, this turbulence is too great. If the temperature is too low, there is little or no movement in the liquid. Simmering, when correct, creates a slight roll in the liquid. Simmering is important in the cooking of sauces, when the slight roll of the simmer is not present, the coarser particles and sediments will settle on the bottom of the pan. This creates an insulating layer between the heat and the stock, which will burn. When it burns, it imparts an unwanted burnt flavour to the stock. Too much action in the liquid can harm stock. The heavy rolling action of a high boil will break up the scum and fat. This makes it difficult to skim the stock. The fast rolling action also does not allow the albumin to gather the fine particles. Improper placement of the pot on the fire can limit the simmering action and make it difficult to skim the stock.

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GLAZE USES: -

Glazes serve four basic purposes in cooking. In most cases, there are advantages to be gained from using a glaze instead of an essence.

1. Glazes give a brilliant shine and moist coating to a finished dish.
 2. They reinforce the quality and tone of sauces.
 3. Glazes strengthen the flavour and body of preparation made from weak stock.
 4. Glazes can act as sauces when used properly buttered or creamed to match the dish they are to be used with.
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COURT BOUILLON

Court bouillon is not actually a stock preparation. However, it is used in a similar manner. It is a flavorful poaching liquid used for fish and shellfish and some other items, such as sweetbreads. A court bouillon is made up of these elements: Aromatics and spices; salt, and liquid. The mixture is not complete in nutritional elements. The flavor of the bouillon is created when fish are poached in it, it is then reduced and added to the sauce or possibly kept for future poaching.