

STOCK or FOND

Definition

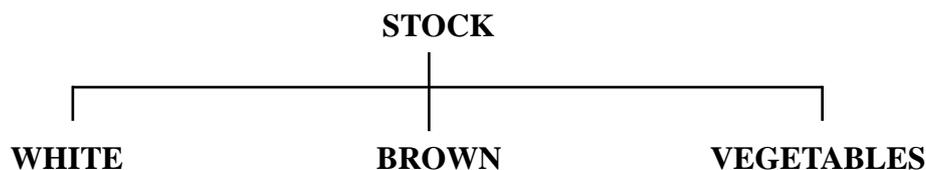
It is a well flavoured basic foundation liquid which is the extract of meat, fish, poultry & games, vegetables which is used in the preparation of various dishes such as soup, sauce, stew, curry etc.

The liquid produced when meat, bones or vegetables are simmered with herbs and flavouring in water for several hours. Stock forms the basis of soups, sauces, stews and many savoury dishes, giving a far better flavour than when plain water is used. Making stock takes about 3 hours in an ordinary sauce pan on the hob; 1 - 1¹/₄ hours in a pressure cooker. When it is done, allow the stock to cool and remove the layer of fat from the top before storing. Stock can be kept in the refrigerator for upto a week but boil up every 1 to 2 days.

Stock is a liquid containing some of the soluble nutrients and flavours of food that are extracted by prolonged and gentle simmering (with the exception of fish stock, which requires only 20 minutes). Stocks are the foundation of many important kitchen preparation; therefore the greatest possible care should be taken in their production.

- ☉ Unsound meat or bones and decaying vegetables will give stock an unpleasant flavour and cause it to deteriorate quickly.
- ☉ Scum should be removed, otherwise it will boil into the stock and spoil the colour and flavour.
- ☉ Fat should be skimmed, otherwise the stock will taste greasy.
- ☉ Stock should always simmer gently, for if it is allowed to boil quickly, it will evaporate and go cloudy.
- ☉ It should not be allowed to go off the boil, otherwise in hot weather, there is a danger of its going sour.
- ☉ Salt should not be added to stock.
- ☉ When making chicken stock, if raw bones are not available, then a boiling fowl can be used.
- ☉ If stock is to be kept, strain, re-boil, cool quickly and place in the refrigerator.

Types of Stock



White Stock - It is a crystal coloured extract from the unused part of product such as fish, chicken, veal etc., such as Fond De Poisson, Fond De Poulet, White Veal Stock White Beef Stock etc

Preparation -

1. Chop the bones into small pieces, remove any fat or marrow.
2. Place the bones in the stock pot, cover with cold water, bring to the boil.
3. Wash off the bones under cold water, clean the pot.
4. Return the bones to the cleaned pot, add the water and re-boil.
5. Skim as and when required, wipe round inside the pot and simmer gently.
6. After 2 hours, add washed, peeled whole vegetables, bouquet garni and peppercorn.
7. Simmer 6 - 8 hours. Skim, strain and if to be kept, cool quickly and refrigerate.

Brown Stock - It is a crystal brown coloured extract from the unused part of items like beef, mutton, game, veal etc., such as Brown Beef Stock (Estoufado), Brown Mutton Stock etc.

Preparation -

1. Chop the beef bones and brown well on all sides either by placing in a roasting tin in the oven or carefully browning in a little fat in a frying pan.
2. Drain off any fat and place the bones in stock pot.
3. Brown any sediment that may be in the bottom of the tray, deglaze with .5litre of boiling water, simmer for a few minutes and add to the bones.
4. Add the cold water, bring to the boil and skim. Simmer for 2 hours.
5. Wash, peel and roughly cut the vegetables, fry in a little fat until brown, strain and add to the beef pieces.
6. Add the bouquet garni and peppercorns.
7. Simmer for 6 - 8 hours. Skim and strain.

Vegetable Stock - It is a crystal coloured extract from the unused part of vegetables. This stock is also known as pot liquor.

Preparation -

1. Roughly chop all the vegetables.
2. Place all the ingredients into a sauce pan, add the water, bring to the boil.
3. Allow to simmer for approximately 1 hour.
4. Skim if necessary. Strain and use.

Fish Stock - Fumet De Poisson, is a crystal coloured extract from fish bones.

Preparation -

1. Melt the margarine or butter in a thick bottomed pan.
2. Add the sliced onions, the well washed fish bones and remainder of the ingredients except the water.
3. Cover with greaseproof paper and a lid and sweat for 5 minutes.
4. Add the water, bring to the boil, skim and simmer for 20 minutes, then strain. Longer cooking time will spoil the flavour.

Health, safety and hygiene

- ☉ After stock, sauces, gravies and soups have been rapidly cooled they should be stored in a refrigerator at a temperature below 5°C (41°F).
- ☉ If they are to be deep frozen they should be labelled and dated, and stored below -20°C to -18°C.
- ☉ When taken from storage they must be boiled for at least 2 minutes before being used.
- ☉ They must not be reheated more than once.
- ☉ Ideally stocks should be made fresh daily and discarded at the end of the day.
- ☉ If stocks are not given the correct care and attention, particularly with regard to the soundness of the ingredients used, they can easily become contaminated and a risk to health.
- ☉ Never store a stock, sauce, gravy or soup above eye level as this could lead to an accident by someone spilling the contents over themselves.

In case of non-availability of these stocks, we can follow some other way to produce a liquid which will give same function and flavour in a very fast way. We call it as “Emergency Stock”.

Old Method - It is a mixture of water and yeast. Yeast is used to give the flavour of meat.

Modern Method or NAZE - Water is boiled with some flavouring herbs and then white wine / red wine is added in 1:1 ratio.

GLAZE or STOCK GLAZE **GLACE DE CUISINE**

A syrupy substance obtained by boiling down an unthickened stock of meat, poultry, more rarely game, or even fish. It is actually obtained from stock itself. Boiling white or brown stock makes it. Stock glazes are used as an essence to be added to certain sauces, in order to enhance their flavour, or to baste dishes to be browned in the oven. They are also used as the base for a sauce when adding other ingredients.

Stock glazes may be used to speed up the preparation of soups, coulis, aspics etc. Ready made meat glazes marketed as ‘extracts’ or ‘essences’, are available; they are mostly made of beef and vegetable matter. They offer a more limited range of flavours than cooked glazes, but the latter no longer play as important role in cooking as they used to because they take a long time to prepare, as is demonstrated in this impressive recipe taken from *Secrets de la nature et de l’art concernat les aliments* (1769):

“Take a quarter of a large ox, a whole calf (or a part only, depending on its size), two sheep, two dozen old hens and two old cocks, or a dozen old turkeys, plucked and drawn. After defatting all this meat and scalding and cleaning the calf’s and sheep’s feet separately, put it all in a large boiler. Add the hot liquor from 12 - 14 litres of stg’s horn gratings, boiled separately and put through the press. Then pour four buckets of spring water over it all. Put the lid on the boiler, sealing the edge with a flour and water paste. Apply a weight of 50 - 60 pounds. Boil the meat over a low even flame, without skimming it, for 6 hours or more if necessary, until it is sufficiently cooked, when the bones can be easily detached. Remove the largest bones, leaving the boiler over the heat to keep the meat very hot. Take the meat out as quickly as possible, chop it up immediately, and then put it in a large press with hot iron plates to extract all the juices. As soon as this operation is completed, add the extracted juices to the hot stock left in the boiler and strain immediately through a large horsehair strainer”.

The word ‘glaze’ is also used for any substance used to give food a glossy surface.

Meat Glaze (Glace De Viande)

Remove all the fat from a brown stock. When it is as clear as possible, boil it down by half. Strain through a muslin cloth, then boil it down again and strain. Continue this process until it will coat the back of a spoon, each time reducing the temperature a little more as the glaze becomes more concentrated. Pour the meat glaze into small containers and keep it in the refrigerator.

A similar method is used with a poultry or game stock to obtain a poultry or game glaze.

By boiling down a fish fumet to a syrupy consistency, then decanting it and straining it through muslin, a light coloured fish stock is obtained, which is used to enhance the flavour of a fish sauce or to pour over fish before putting it in the oven.

Similarly, white poultry stock is boiled down to obtain a light coloured poultry glaze, used to supplement certain sauces or for glazing.

GLAZING (Glacage)

The process of creating a glossy surface on food. This may be achieved by several different methods according to the effect required.

Cold food is brushed with such glazes as arrowroot, aspic jelly, stock glazes, sugar syrup etc.

Desserts such as fruit tarts and flans, babas, savarins etc, are coated with a fruit glaze - a liquid jelly made from finely sieved apricot jam or redcurrant jelly, usually with gelatine added. As well as being decorative, this prevents the fruit from drying out or oxidizing.

Food that is to be baked, particularly pastry, is coated with a whole beaten egg, egg yolk only, milk, milk and sugar etc.

Hot cooked food, particularly vegetables, can be glazed either by cooking with butter, sugar and very little liquid or by brushing with melted butter when cooked.

Food coated with sauces that are rich in egg yolk, cream or butter is grilled or baked under a very high heat to form a shiny brown surface.

In France, the term glacage is also used for glazing cakes with icing (frosting) and for the preparation of many cold or frozen desserts and chilled drinks.