



## How to Make Shellfish Stock

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



425 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 4 cups shellfish shells
- ☐ 0.5 cup cooking wine dry white
- ☐ 1 large onion yellow sliced chopped
- ☐ 1 carrots roughly sliced chopped
- ☐ 1 celery stalk roughly sliced chopped
- ☐ 2 Tbsp tomato paste
- ☐ 2 sprigs thyme leaves
- ☐ 1 sprigs several parsley

- ☐ 1 bay leaf
- ☐ 10 peppercorns whole
- ☐ 2 teaspoons salt

## Equipment

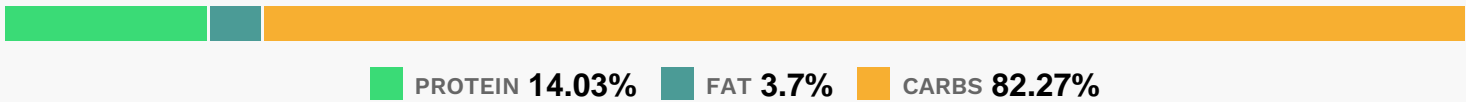
- ☐ bowl
- ☐ pot
- ☐ sieve
- ☐ roasting pan
- ☐ ziploc bags
- ☐ rolling pin
- ☐ slotted spoon
- ☐ tongs
- ☐ cheesecloth
- ☐ chefs knife

## Directions

- ☐ Break up larger pieces of shell: Break thick shells (lobster or crab) into smaller pieces by putting in a sealed, thick plastic bag and either rolling with a rolling pin or hitting with a meat hammer to crush.
- ☐ Cut up thinner shrimp shells with a chef's knife. Don't crush or cut too small. You can even skip this step if you want, if you are already dealing with broken up shell pieces (like cracked crab).
- ☐ Place in a large roasting pan and roast at 400°F for 10 minutes (this step you can skip, but it greatly enhances the flavor).
- ☐ Put the shells in a large stock pot and add enough water to cover the shells with an inch of water.
- ☐ Heat the water on high. As soon as you see that little bubbles are starting to come up to the surface, reduce the heat to medium.
- ☐ Do not let the water boil! You want to maintain the temperature at just at the edge of a simmer (around 180°F), where the bubbles just occasionally come up to the surface.

- ☐ Do not stir the shells! Stirring will muddy up the stock.
- ☐ Skim the foam. As the bubbles come up to the surface a film of foam will develop on the surface. Use a large metal spoon to skim away this foam.
- ☐ Let the shells cook like this for about an hour; skim the foam every few minutes. The foam comes from shells releasing impurities as their temperature increases.
- ☐ Add the wine, onions, carrots, celery, tomato paste, herbs, peppercorns: Once the stock has stopped releasing foam, add the wine, onions, carrots, celery, tomato paste, thyme, parsley, bay leaf, and peppercorns.
- ☐ Bring to a low simmer and reduce heat so that the stock continues to barely simmer, but not boil, for 30 minutes. If more foam comes to the surface, skim it off.
- ☐ Add salt and remove from heat.
- ☐ Strain through a lined sieve: Use tongs, a large slotted spoon, or a spider strainer to lift out and remove most of the solids from the stock. (Later put in a plastic bag and put outside in the trash! Shellfish shells have a way of stinking up a kitchen.)
- ☐ Dampen a few layers of cheesecloth and place over a large, fine mesh strainer, over a large pot or bowl.
- ☐ Pour the stock into the strainer. Either use the stock right away, or cool for future use.
- ☐ If you aren't going to use in a couple of days, freeze (remember to leave some headroom at the top of your freezer container for the liquid to expand as it freezes.)

## Nutrition Facts



## Properties

Glycemic Index:79.21, Glycemic Load:31.99, Inflammation Score:-10, Nutrition Score:16.678695751273%

## Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.58mg, Apigenin: 0.58mg, Apigenin: 0.58mg, Apigenin: 0.58mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg

0.06mg Quercetin: 7.66mg, Quercetin: 7.66mg, Quercetin: 7.66mg, Quercetin: 7.66mg

Nutrients (% of daily need)

Calories: 424.85kcal (21.24%), Fat: 1.64g (2.53%), Saturated Fat: 0.31g (1.95%), Carbohydrates: 82.27g (27.42%), Net Carbohydrates: 77.52g (28.19%), Sugar: 6.26g (6.96%), Cholesterol: 0mg (0%), Sodium: 1246.5mg (54.2%), Alcohol: 3.09g (100%), Alcohol %: 2% (100%), Protein: 14.03g (28.06%), Selenium: 63.88µg (91.25%), Manganese: 1.09mg (54.67%), Vitamin A: 2722.63IU (54.45%), Phosphorus: 218.59mg (21.86%), Fiber: 4.76g (19.03%), Copper: 0.35mg (17.44%), Magnesium: 66.46mg (16.62%), Potassium: 439.69mg (12.56%), Vitamin B6: 0.24mg (12.21%), Vitamin B3: 2.19mg (10.95%), Zinc: 1.62mg (10.78%), Iron: 1.89mg (10.52%), Vitamin B1: 0.12mg (8.3%), Vitamin C: 6.6mg (8%), Vitamin K: 8.1µg (7.71%), Folate: 30.33µg (7.58%), Vitamin B2: 0.1mg (5.85%), Vitamin B5: 0.55mg (5.53%), Calcium: 45.04mg (4.5%), Vitamin E: 0.57mg (3.8%)