

Seafood Stock Recipe

(Hoi Sin Tong)

Ingredients: Makes 2.6 liters

5.5 kg fish heads and bones, well washed in cold running water
4.4 liters cold water
1 kg onions, peeled and quartered
6 scallions, trimmed and cut into ½-inch pieces
200 g fresh ginger, lightly smashed
6 garlic cloves, peeled
110 g fresh coriander (cilantro) leaves
¾ cup fried scallions
¼ cup fried garlic
2 teaspoons fried Sichuan peppercorns

Method:

Place all ingredients in a large stockpot. Bring to a boil over high heat. Lower the heat and partially cover the pot, but keep at a boil at all times. Cook for 3 hours. Turn off the heat. Strain the stock and pour it into containers to store for later use. Cover and refrigerate for up to 2 to 3 days or freeze for about 3 months.

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