

Fish Stock

Ingredients

2 lbs. of beef or veal (these can be omitted), any kind of white fish trimmings, of fish which are to be dressed for table, 2 onions, the rind of 1/2 a lemon, a bunch of sweet herbs, 2 carrots, 2 quarts of water.

Method

Cut up the fish, and put it, with the other ingredients, into the water. Simmer for 2 hours; skim the liquor carefully, and strain it. When a richer stock is wanted, fry the vegetables and fish before adding the water.

Source: Mrs Beeton's Book of Household Management (1861)

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