



Province of the
EASTERN CAPE
EDUCATION

HOSPITALITY STUDIES

GRADE 11

TERM 2 WEEK 6

STOCKS NOTES

This document consists of 8 pages.

A **stock** is a liquid containing soluble nutrients and flavour of food that are extracted by prolonged, gentle simmering.
It forms the base of soups, sauces and gravies.
Made from a combination of bones, vegetables, seasoning and water
The main function of stocks is to add flavour and give body to sauces, stews etc...

IMPORTANT ELEMENTS OF MAKING A STOCK:

(a) **Mirepoix** is used in all stocks– chopped onions, carrots and celery.



(b) **Bouquet garni** – a bundle or bag of parsley, thyme, bayleaves and peppercorns.



CLASSIFICATION

White stock (Chicken Stock)

- The neck and bones are best to use
- Chicken / veal bones are simmered in water with a mirepoix & bouquet garni
- Should have a good flavour, be clear and have a high gelatine content
- Crack or split the bones to release the gelatine
- Remains colourless during cooking
- Simmer for 1-3 hours



CHICKEN STOCK

Brown stock (Beef stock)

- Use bones from the back, neck and shank
- Use bones from younger animals as they contain more white connective tissue (collagen) which converts into gelatine
- Beef bones and mirepoix are roasted or caramelised on the stove or in the oven before adding to the water.
- Remove extra fat after roasting and deglaze the roasting pan to extract the caramelised proteins that will add flavour and colour to the stock.
- **Deglazing** – place the pan over heat and add water to cover the bottom. Scrape and stir the liquid, collecting all the caramelised bits. Add this deglazing liquid to the roasted bones in the stock pot.

- Onion skins and tomato paste can be used to add colour
- Use larger cuts of mirepoix as the cooking time is longer
- Should have a deep, caramelised colour, good flavour, good body and a high gelatine content.
- Simmer for 5-7 hours



ROASTING BONES

BEEF STOCK

Fish stock

- Use bones, head and tail from white, lean fish
- Clear liquid with a distinct fish flavour and light in body
- Rinse fish bones under cold water first to remove impurities
- Oily fish is not used it will cause the stock to be fatty with a strong flavour
- Use smaller mirepoix
- **Fumet**- an acid like wine or lemon juice is added to the stock
- Simmer for 20-30 minutes



FISH STOCK

Vegetable stock

- Light in colour and clear
- No animal products are used so it is not gelatinous
- Never use potatoes in stock as it will make it cloudy
- **White mirepoix** – parsnips, mushrooms and leeks
- Simmer for about 1 hour

STEPS IN MAKING STOCK

(1) Start the stock in cold water

- Cover ingredients with cold water (helps the blood and other impurities to dissolve in the water)
- As the water heats the impurities will coagulate and float to the top, where they must be skimmed off
- Make sure the bones are always covered, to ensure maximum flavour. Top up with hot water if you need to add more water.

(2) Simmer the stock gently

- Bring the stock to a boil and then reduce to a simmer
- The ingredients release their flavours and nutrients into the liquid.
- Boiling will make the stock cloudy
- Ensure the liquid stays clear for the best flavour

(3) Skim often

- Surface impurities must be removed as they make the stock cloudy
- Use a perforated or slotted spoon, a sieve or a ladle, to remove the scum
- Remove excess oil carefully with paper towel



(4) Strain carefully

- Separate the liquid from the bones and other ingredients
- Skim as much as possible off the surface
- Using a ladle, carefully remove the stock without stirring it
- Strain the rest of the liquid through a chinois lined with muslin cloth



(5) Cool quickly

- Prevent food-borne illnesses by cooling quickly and safely
- Cool the pot in a sink of cold water with ice
- Stir often to assist the cooling process

(6) Store properly

- Once cool, store in an air-tight container in the fridge
- Never put hot stock in the fridge – it increases the temperature in the fridge and will go sour
- The fat will rise to the surface and set. This helps to preserve the stock as it keeps the air out

(7) Degrease the stock

- Remove the hardened surface fat before reheating

(8) Reducing the liquid

- Reducing the liquid over heat by evaporation will intensify the flavour.
- The volume decreases when reducing
- This process is used for brown stocks
- Reduce or reheat the liquid for at least 10 minutes to make it safe for eating.

STORAGE CONDITIOS OF STOCKS

- Fridge – 1 week.
- Freezer – several months if covered properly

CONVENIENCE STOCK PRODUCTS

- Convenient
- Save time, money and electricity
- Consistent end-result
- Available in powder, cubes, paste, granules or liquid forms.
- Main ingredient is salt

