

Fish Stock (not Low Chemical / Failsafe)

Serves	1
Prep time	10 minutes
Cook time	1 hour
Total time	1 hours, 10 minutes
Allergy / Intolerance	Artificial Additives , Artificial Colours , Dairy , Egg , Preservatives , Wheat
Suitable for	Dairy / Lactose Free , Gluten Free , RPAH Elimination Diet – Very High Chemical
Meal type	Ingredient
Misc	Freezable , Pre-preparable
By author	Lucinda Macdougall

Mild flavoured fish stock.

Ingredients

- 1 Large carrot (washed and roughly chopped)
- 1 Large onion (peeled and quartered)
- 1 bay leaf
- 1 Small handful peppercorns
- Bones and head of 1 fish

Optional

- Prawn shells

Directions

1. Place all the ingredients in a large saucepan, fill with water and bring to the boil.
2. Allow to boil for an hour without stirring. Skim off any froth from the top.
3. Remove from the heat and pour through a strainer.

Note

Very High Salicylates and Amines, Low Glutamates

This stock could be made using vegetables and herbs that are low to moderate in salicylates, such as leek instead of onion and chives instead of the bay leaf and peppercorns. Fish develops amines quite quickly, so if amines are a problem use fresh fish bones.

Prawns are very high in amines and are soaked in sulphites when caught. I have heard of people finding sulphite-free prawns, otherwise leave the prawn shells out.