



Make fine cooking **second nature**™

## Infusion Culinary Techniques & Recipes

### Basic Stock Production – White & Brown

White Stock	Brown Stock
<ul style="list-style-type: none"> <li>▪ 5 lbs Raw Chicken or Turkey Bones, cut into 3-4 inch pieces (wings OK)</li> <li>▪ 1 ½ gallons Cold Water</li> <li>▪ 1 lb Mirepoix (50% onion, 25% carrot, 25% celery)</li> <li>▪ Sachet               <ul style="list-style-type: none"> <li>○ 1 @ Bay Leaves</li> <li>○ ¼ tsp Dried Thyme</li> <li>○ ¼ tsp Peppercorns</li> <li>○ 4 @ Parsley Stems</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>▪ 5 lbs Raw Veal Bones, cut into 3-4 inch pieces</li> <li>▪ 1 ½ gallons Cold Water</li> <li>▪ 1 lb Mirepoix (50% onion, 25% carrot, 25% celery)</li> <li>▪ 4 oz Tomato Paste</li> <li>▪ Sachet               <ul style="list-style-type: none"> <li>○ 1 @ Bay Leaves</li> <li>○ ¼ tsp Dried Thyme</li> <li>○ ¼ tsp Peppercorns</li> <li>○ 4 @ Parsley Stems</li> </ul> </li> </ul>
<ol style="list-style-type: none"> <li>1. Place washed bones into stock pot and cover with the <b>cold</b> water.</li> <li>2. Bring water to a boil, then reduce to a simmer. Skim the scum.</li> <li>3. Simmer for 3 hours. Make sure bones remain covered.</li> <li>4. Add the mirepoix and sachet.</li> <li>5. Simmer for an additional hour. Keep bones covered in water.</li> <li>6. Strain, cool, store.</li> </ol>	<ol style="list-style-type: none"> <li>1. Place unwashed bones into roasting pan and coat lightly with canola oil. Roast at 375 until brown, turning occasionally.</li> <li>2. Place bones into stock pot and cover with the <b>cold</b> water. Pour off excess fat from pan.</li> <li>3. Bring water to a boil, then reduce to a simmer. Simmer for 5 to 6 hours. Skim the scum.</li> <li>4. Saute the mirepoix in the pan until evenly browned. Add tomato paste and sauté. Deglaze pan with cold water.</li> <li>5. Add the vegetables and deglaze liquid to the pot, being careful not to mix the stock. Add the sachet. Make sure bones remained covered in water.</li> <li>6. Simmer for an additional hour or more.</li> <li>7. Strain, cool, store.</li> </ol>

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### "Brown" Stock - Chicken

Yield: 1 gallon

- 1 ½ T Canola or Grapeseed Oil
- 5 lbs Raw Chicken or Turkey Bones, cut into 3-4 inch pieces (wings OK)
- 1 ½ gallons Cold Water
- 1 lbs Mirepoix (50% onion, 25% carrot, 25% celery)
- 1 @ Bay Leaves
- ¼ tsp Dried Thyme
- ¼ tsp Peppercorns
- 4 @ Parsley Stems

1. Preheat oven to 450°.
2. In a large roasting pan, heat oil over high heat.
3. Add chicken to pan, place in oven for about 45 minutes.
4. Add the mirepoix to the pan, stir, roast for 15 minutes.
5. Stir again, roast for another 15 minutes.
6. Add aromatics and enough of the water to deglaze pan.
7. Pour into stock pot, add remaining water, simmer 20 minutes.
8. Strain, cool, store.

#### TIPS:

- Do not let bones burn, or stock will be bitter!
- Always use cold water!
- Always use good quality water!!
- Cut mirepoix smaller for shorter simmer times.
- May use fresh thyme sprigs.
- May use leeks in mirepoix. Keep ratios correct!
- Never salt a stock!

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## Infusion Culinary Techniques & Recipes

### Vegetable Broth

Yield: 1 gallon

- 2 T Canola or Grapeseed Oil
- 2 lbs Mirepoix (50% onion, 25% carrot, 25% celery)
- 1 gallon Cold Water
- 4 oz Leeks chopped
- 4 oz Mushroom stems
- 4 oz Fennel sliced
- 4 @ Garlic Cloves, smashed
- 1 @ Bay Leaf
- 5 Thyme sprigs
- 8 Peppercorns
- 1 Bunch Parsley Stems

1. Heat oil over medium low heat in stock pot. Add the onion, leek and garlic and sweat for about 10 minutes – do not brown.
2. Add the water, remaining vegetables and aromatics. Bring water to a boil, then reduce to a simmer.
3. Simmer for 30 to 45 minutes.
4. Strain, cool, store.

#### TIPS:

- You may add almost any vegetables desired. But avoid those with strong odors or tastes, such as cabbage, artichokes, etc.
- To make a vegetarian “brown” broth, roast the mirepoix, mushrooms, garlic and leeks at 375° for about 45 minutes, stirring every 15 minutes, until caramelized.
- To sweeten the broth, add corncobs.
- Never salt a stock.

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