

Shrimp Stock

This is a quick, simple, and easy stock to prepare when fresh wild shrimp are available. The shrimp parts most folks throw away are rendered into a rich, fragrant, and piquant ingredient. Use this stock in place of water when cooking grits, polenta, risotto, and pasta sauces to increase flavor depth and complexity.

Tools

2 quart enameled cast iron or heavy stainless steel pot with lid
Funnel with integral strainer (or cheesecloth)
Quart and pint freezer containers (like the ones that come with Chinese takeout soups) for storing/freezing the stock

Ingredients

Tails, shells, legs, and heads (if you bought heads-on) from 1-3 pounds uncooked freshly caught wild shrimp. Rinse shrimp with fresh water before shelling.
3-4 whole dried bay leaves
5-10 whole peppercorns
2-3 whole dried hot spice peppers like cayenne, bird, fish, etc. (optional, or to taste)

Method

Put all ingredients in pot.
Fill pot with water until shrimp shells are floating and covered.
Cover, place on medium heat, and watch until simmer is reached (stock will steam when lid is removed; small bubbles will break sporadically in pot). Then cut back heat to maintain this condition. It's best if it doesn't boil.
About one hour after you reached the original simmer, turn off the heat and let stock cool until warm, not steaming.
Pour into plastic soup containers through funnel with integral strainer. Refrigerate immediately. Freeze containers you will not use within two days.

Comments

Choose your shrimp wisely. The flavor of fresh, wild, native shrimp is exquisite, and their shells make delicious stock. Your local fishmonger is likely to be a good source. Ask if the shrimp have been treated with anything other than ice/refrigeration, and when they were caught. Sodium tripolyphosphate and other commonly used additives render shrimp, and any stock made from them, unpalatable.

We omit salt from this recipe because there is normally enough salt in the shells make a flavorful stock. If you think it needs salt, add a pinch or two of the Hey Bubba brand salt that strikes your fancy.

Shrimp stock is highly perishable. Frozen stock is best if used within three-to-six months.

Hey Bubba™ Brand Gourmet Culinary Products

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