

# Fumet



...and Fish Soups

# Fumet vs. Fish Stock

A fumet is a french term used to refer to a condensed mixture that contains an intense flavor, derived from cooking stock that has been reduced in order to make it more concentrated. Commonly remaining after cooking fish, vegetables and mushrooms, a fumet is used to enhance the flavor of sauces and stocks needing a deeper intensity

# The Basics

Fumet is made by sweating white Mirepoix, mushrooms and fish bones. The pot is then covered and the ingredient is left to simmer until the Mirepoix is soft and the bones are opaque.

The water, wine and sachet are then added and left to simmer uncovered at 180 to 185 for 35-45 min, skimming the top when necessary.

Fumet is then strained and skimmed or degreased before storing.