

# Chinese Fish Stock

## Ingredients

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- 1 Fish (tilapia or fish bones)
- 1 Ginger (1-inch, sliced)
- 2 Green Onions (cut into 2-inch pieces)
- 1 T Rice Wine
- 1/2 t Salt
- 2 T Vegetable Oil
- 10 c Hot Water

## Instructions

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1. Wash the whole fish thoroughly. Remove the fish scales, if any. Cut the fish into 4 to 5 large chunks. Put the fish chunks (including the head) into a mixing bowl. Add rice wine and salt, rubbing gently. Let the fish marinate for 15 minutes on the counter.
2. Heat a dutch oven under high heat. When the it is hot, add the vegetable oil, swirling it around for a bit. Then add the ginger slices and green onion pieces. Let the aromatics cook for about half a minute before adding the fish.
3. Add the fish. Leave all the fish chunks undisturbed to brown for 2 minutes before turning them over to the other side. Do not worry if the skin sticks to the pot. Once both sides of the fish chunks are browned, pour hot water (make sure

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itâ€™s hot) so all the fish pieces are fully immersed. If the liquid is not bubbling immediately, wait until it bubbles. Then cover the lid and lower the heat to low.

4. Simmer for 10 to 15 minutes until the liquid turns into a creamy white color. Use a colander to filter out all the solids, leaving only the stock/broth. Use it right away or store in a refrigerator for up to 3 days. Can also be stored in a freezer for up to 1 month.