

Seafood Stock

Ingredients

- 8 c Shrimp Shells (crab and/or lobster)
- 1/2 c White Wine
- 1 Onion (quartered)
- 2 Carrots (chopped)
- 2 Celery Ribs (chopped)
- 5 clv Garlic (smashed)
- 2 T Tomato Paste
- 5 Thyme Sprigs
- 3 Parsley Sprigs
- 1 Bay Leaf
- 1 T Black Peppercorns
- 2 t Salt

Instructions

- 1.Heat oven to 400 degrees. Spread seafood shells on a large baking sheet and roast for 10 minutes. (This step is optional, but it increases the flavor.)
- 2.Add the seafood shells to a large pot along with the wine, onion, carrots, celery, garlic, tomato paste, thyme, parsley, bay leaf and peppercorns. Fill the pot with water to 1-inch below the MAX fill line.
- 3.Lock the lid onto the Instant Pot and set the steam release knob to the "sealing" position. Press the "manual" button and set your Instant Pot for high pressure for 30 minutes.
- 4.Once the time is up, allow the pressure to release naturally. It will take about 15-30 minutes, then the float valve will drop. Strain

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through a fine mesh strainer and discard the solids. Season with salt and pepper, to taste. Use immediately or store in the refrigerator or freezer.