

# Fish Stock

## Ingredients

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- 6 c Water
- 2 lb Fish Parts (bones, heads, etc.)
- 1 Carrot (cut into chunks)
- 1 Celery Stalk (cut into chunks)
- 1 Onion (cut into chunks)
- 5 Peppercorns
- 6 Parsley Sprigs
- 6 Thyme Sprigs
- 2 1/2 t Salt
- 1 Bay Leaf

## Instructions

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1. Add all your ingredients to the Instant Pot insert. Place the lid on and toggle the valve to sealing.
2. Press the "manual" button and set timer to 25 minutes. Once the timer is up, wait for 20 minutes and do a quick release to allow the rest of the steam to escape.
3. Give the stock a little stir and allow to cool for a minute, then get a strainer and use a wooden spoon to press down the fish pieces to ensure all juices are extracted. Allow to cool then stick it in the fridge or freeze it in containers or freezers bags until ready to use.