

Seafood Stock

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Ingredients

1 lb shrimp (and Crab Shells)
1 cup onions (chopped)
2 carrots (chopped)
3 celery ribs (chopped)
3 garlic cloves
3 onions
1 1/2 qts water
1/2 cup white wine
1 tsp old bay seasoning
1 tsp black peppercorns
1 tbsp parsley
1/2 tsp thyme
2 bay leaves

Directions

Place all ingredients into a pressure cooker.

Bring up to pressure over medium heat, once at pressure reduce to low heat and cook for 1 hour.

Strain through a sieve so the liquid flows through to a clean bowl. Press down on the solid material to get out all the seafood stock.

Note: this freezes well.