





Back-to-Basics

How to prepare white Stocks

| Subject: | Details: |
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| <p>1. What is a white Stock?</p>  | <ul style="list-style-type: none"> • A Stock is a flavored water preparation. It forms the basis of many dishes, particularly soups and sauces. Cold water is used in order to enhance the flavors of the stock. • The two most common white stocks are Chicken Stock and Fish Stock. • The cooking timings are as such: • Chicken stock should be cooked for 3–4 hours. • Fish stock is made with fish bones and finely chopped white mire poix called macedoine. Fish stock should be cooked for 30–45 minutes, cooking any longer spoils the flavor. |
| <p>2. How to prepare a white Stock?</p>    | <p>A white Stock is made by simmering various ingredients in water, including the following:</p> <ul style="list-style-type: none"> • Meat: Leftover cooked meat, such as that remaining on poultry carcasses, is often used along with the bones of the bird or joint. Fresh meat makes a superior stock and cuts rich in connective tissue such as shin or shoulder of white meats are commonly recommended, either alone or added in lower proportions to the remains of cooked poultry to provide a richer and fresher-tasting stock. Quantities recommended are in the ratio of 1 part fresh meat to 2 parts water. • Bones: Chicken or Poultry bones are most commonly used. The flavor of the stock comes from the cartilage and connective tissue in the bones. Connective tissue has collagen in it, which gets converted into gelatin that thickens the liquid. Stock made from bones needs to be simmered for longer than stock made from meat. Pressure cooking methods shorten the time necessary to extract the flavor from the bones. • Mire Poix: A combination of onions, carrots, celery, and Leeks. Often the less desirable parts of the vegetables (such as carrot skins and celery ends) are used since they will not be eaten. • Herbs and Spices: The herbs and spices used depend on availability and local traditions. In classical cuisine, the use of a <i>bouquet garni</i> (or <i>bundle of herbs</i>) consisting of parsley, bay leaves, a sprig of thyme, and possibly other herbs, is common. This is often placed in a sachet to make it easier to remove once the stock is cooked. |



Training Notes:

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| Introduce <ul style="list-style-type: none">- Yourself, the task, what Trainee will learn and how testing is conducted |
| Demonstrate When To Start and Materials <ul style="list-style-type: none">- Getting prepared immediately when the duty starts- Materials: Pot, stove, listed ingredients |
| Demonstrate Actions <ul style="list-style-type: none">- Explain why each step is performed in a certain way.- Explain what team members should notice when doing each step and any safety precautions |
| Demonstrate the Result and Task Standards <ul style="list-style-type: none">- Tools and equipments should be clean before usage |
| Practice <ul style="list-style-type: none">- Trainee explains each step of task during practice. Check for errors and remind Trainee to correct them immediately, Task performed independently of trainer and to standard |
| Test for knowledge <p>Q. Why cold water is used to prepare a stock? A. To enhance the flavors of the stock.</p> <p>Q. Why Fish stock should not be cooked more than 30-45 minutes? A. It would spoil the flavor of the stock</p> <p>Q. How is the bundle of herbs called that is added to the stock? A. Bouquet Garni</p> |
| Follow-up <ul style="list-style-type: none">- Task performed to standard in actual job conditions; observed by manager of dept.- Dept. Quiz completed to 100% accuracy |

To ensure every guest feels cared for, valued and respected.

