

To salt or not to salt. Ordinarily when preparing fonds in large quantities, one should never add salt. In a professional kitchen, many different departments will be using the fonds and if salt has already been added, chefs will not always be able to adjust their seasoning accordingly, resulting in an over-salted preparation. However, when making a small quantity for personal use, one can lightly season the fonds.

Fumets

A fumet is a much lighter preparation than a fonds in which the flavor elements and liquid are cooked for a limited amount of time, generally 20 minutes. A fumet is often prepared using fish and shellfish because a longer cooking time would result in overpowering flavors and bitterness. It can also be used for small-boned game. The two basic types of fumet are:

Fumet de poisson—fish fumet

Fumet de crustacés—shellfish fumet.

Fumet de Poisson – Fish Fumet

To make a fish fumet, it is preferable to use bones from white fish such as whiting, sole, or turbot, because of their natural gelatin. Using an oily fish such as salmon will result in a fumet with a distinct flavor of salmon, which is okay if you are preparing a salmon dish, but not okay for more delicate fish such as turbot.

The fish bones are first soaked in ice water (*dégorgé*), changing the water several times during the soaking period in order to remove any blood from the bones and trimmings that might give the final product a bitter taste and cloudy appearance. After degorging, the bones are strained. An aromatic garnish of onion, celery, mushroom peelings, thyme, and bay leaf is gently cooked in butter to which the bones are added. White wine is added and reduced by half. Enough cold water is added to cover the bones and the fumet is then allowed to cook at a low simmer for 20 minutes; then it is strained through a fine sieve. When straining, the bones should never be pressed because this will give the fumet a cloudy result.

Fumet de Poisson



1 Prepare ingredients.



2 Sweat the onions and shallots, once they begin to soften, add the celery and leek. Add the bouquet garni and stir well.



3 Add the drained fish.

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Fumet de Poisson

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4 Stir well and cook the fish until it begins to firm up.



5 Add the white wine.



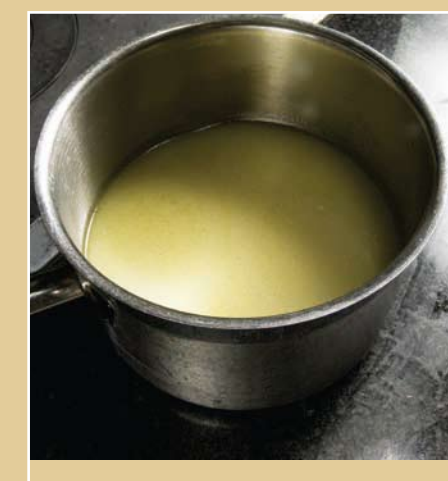
6 Bring to a boil and skim.



7 Add cold water and stir well.



8 Strain, tapping well to recuperate the maximum amount of liquid without pressing.



9 Reserve fumet de poisson for later use.

Variation: A fish fumet, called *fumet de poisson au vin rouge*, can also be made using red wine. The same process as above would be followed, replacing the white wine with red wine.

Fumet de Crustacés – Shellfish Fumet

The same process described above can be applied to the shells of crabes, écrevisses, homards, crevettes (crab, crawfish, lobster, shrimp) and other crustaceans. The shells are crushed, then roasted in the oven or gently cooked on the stove with the same aromates as a brown stock, and then flambéed with