

Seafood Stock

A classic seafood stock, perhaps for seafood rice dishes, made ideally from langoustines or, failing that given the lack of availability in the UK (most are exported to Spain or France), large prawns can be substituted. This is required for *Arroz Roja with Langoustines*.

Planning

serves:	4
prep time:	1 mins
cooking time:	1 hr

Ingredients

8 langoustines or large prawns
1 tbsp olive oil
1 small onion, chopped
1 carrot, chopped
1 celery stick, chopped
60ml white wine
1.5 litres fish stock or water
fresh tarragon sprig
150g tomatoes roughly chopped
Salt & pepper

Method

Start by peeling the langoustines/prawns and set the flesh aside for your main purpose. Roughly chop the heads and shells for the stock.

Heat the olive oil in a large pan. Gently fry the onion, carrot and celery for a few minutes until softened. Add the chopped langoustine/prawn heads and shells and fry for a couple of minutes. Add the white wine, bring to the boil and cook for a minute, then add the fish stock or water, tarragon and tomatoes.

Cook for 40 minutes, then push everything through a fine sieve over a large pan, pressing with a wooden spoon to extract as much flavour as you can.