BROTH

Classic base made from beef, chicken
&
vegetables for soups/sauces

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- CRAFTSMANSHIP -
BROTH / STOCK basics & usage ✓

Courses: Broth / Stock
Collections: Classical recipes
Source: OCTOPUS OCEAN - Germany

Ingredients

- ☐ Basic preparation of light stocks

1. Place blanched bones in cold water.
2. Add twice the amount of water to the bones.
3. Skim off any foam that forms on the surface during cooking.
4. Add chopped vegetables & the spices.
5. Continue to cook slowly.
6. Cooking reduces the amount of liquid.
7. Strain through a cheesecloth.
8. Cool the stock in cold water.
9. Transfer to storage buckets, label & date.

Directions

In classic cuisine, **BROTH** is a central element that forms the basis for many dishes. It is often referred to as bouillon, consommé, or bone broth and is an important ingredient in soups, stews, and sauces. Broth is made by gently simmering ingredients such as marrow bones and beef, and has a clear consistency and rich flavour. It contains important minerals, fats, and aromas that enhance the taste and nutrients of dishes. Preparing broth requires time and careful selection of ingredients to achieve the best results.

Light stocks

For light stocks, the ingredients are boiled in water and then strained. The main raw materials are species-specific materials such as beef bones, poultry carcasses, fish bones, and crustacean shells.

The trimmings from slaughtered meat, poultry, and fish are also used. Vegetables, herbs, and spices are used to add flavour.

Brown stocks

In contrast to light stocks, the raw ingredients for brown stocks are finely chopped or minced and browned. This brings out the flavor (roasted substances) and color.

The raw materials used are species-specific bones and meat trimmings from slaughtered animals and poultry, as well as game and feathered game, and coarsely diced roasted vegetables (mirepoix) consisting of celery, carrots, onions, + if desired, leeks.

Simmering is a cooking technique where food is cooked in liquid at a temperature just below boiling, typically between 82°C to 96°C. This method is characterized by small bubbles rising slowly to the surface, allowing for gentle cooking that helps to soften and combine ingredients, making it **ideal for soups, stews, and sauces**.

No strong boiling water due to the temperature of almost 100° Celsius. Boiling water and the resulting evaporation transport the flavours of the soup ingredients into the air, thereby weakening the flavour intensity, which should be maximized.

- CRAFTSMANSHIP -
Classical Beef broth / stock ✓

Courses: Broth / Stock
Collections: Classical recipes
Source: OCTOPUS OCEAN - Germany

Ingredients

With the right ingredients and a little time, you can conjure up a delicious, classic beef broth using this basic recipe.

You will need:

- ☐ Large pot
- ☐ Slotted spoon
- ☐ Cutting board
- ☐ Kitchen knife
- ☐ Sieve with cloth

Produces 10 liter Broth

- ☐ 15 liter Water - cold tap
- ☐ 4 kg Beef bones, evenly cut
- ☐ 2,5 kg Beef meat - trimmings

1,8 kg vegetables

- ☐ 500 gr Carottes
- ☐ 500 gr Leeks
- ☐ 500 gr Celery roots
- ☐ 300 gr Onions
- ☐ 3 Garlic cloves
- ☐ 80 gr Salt

Directions

Cooking time: 5 hours

First blanch the bones in boiling water.

Fill them in a big sieve and rinse & clean them under cold running water.

Drain, fill into the large pot and cover with cold water.

Wash the meat trimmings under cold running water and add to the stock.

Continue to **simmer** the broth slowly.

This allows the bones & meat to slowly leach out, resulting in a clear broth.

The meat protein that has passed into the broth coagulates at approximately 70° Celsius, enveloping the impurities and settling as foam on the surface when boiling.

The foam that forms is skimmed off thoroughly and continuously, as is the fat (a process known as “degreasing”).

Add the cleaned & cut vegetables (tied together if necessary) and the browned onion halves about 60 min. before the end of the cooking time for the meat and season with salt. If vegetables are cooked for too long, the desired flavours will evaporate.

Remove the cooked meat & vegetables.

Strain the finished broth through a cloth.

- CRAFTSMANSHIP -
Classical Chicken broth / stock ✓

Courses: Broth / Stock
Collections: Classical recipes
Source: OCTOPUS OCEAN - Germany

Ingredients

With the right ingredients and a little time, you can conjure up a delicious, classic chicken broth using this basic recipe.

You will need:

- ☐ Large pot
- ☐ Slotted spoon
- ☐ Cutting board
- ☐ Kitchen knife
- ☐ Sieve with cloth

Produces 10 liter Broth

- ☐ 12 liter Water - cold tap
- ☐ 15 kg of Chicken (bones, meat, trimmings)

1,8 kg vegetables

- ☐ 200 gr Carottes
- ☐ 700 gr Leeks, only white part
- ☐ 200 gr Celery roots
- ☐ 60 gr Salt
- ☐ Thyme, dried
- ☐ 1 Garlic clove
- ☐ Parsley stems
- ☐ 1 Bay leave

Directions

Cooking time: 2-3 hours

First blanch the bones in boiling water.

Fill them in a big sieve and rinse & clean them under cold running water.

Drain, fill into the large pot and cover with cold water.

Wash the meat trimmings under cold running water and add to the stock.

Continue to **simmer** the broth slowly.

This allows the bones & meat to slowly leach out, resulting in a clear broth.

The meat protein that has passed into the broth coagulates at approximately 70° Celsius, enveloping the impurities and settling as foam on the surface when boiling.

The foam that forms is skimmed off thoroughly and continuously, as is the fat (a process known as “degreasing”).

Add the cleaned & cut vegetables (tied together if necessary) about 60 min. before the end of the cooking time for the meat.

Add all herbs and season with salt.

If vegetables are cooked for too long, the desired flavours will evaporate.

Remove the cooked meat & vegetables.

Strain the finished broth through a cloth.

- CRAFTSMANSHIP -
Classical Veggie broth / stock ✓

Courses: Broth / Stock
Collections: Classical recipes
Source: OCTOPUS OCEAN - Germany

Ingredients

With the right ingredients and a little time, you can conjure up a delicious, classic vegetable broth using this basic recipe.

You will need:

- ☐ Large pot
- ☐ Slotted spoon
- ☐ Cutting board
- ☐ Kitchen knife
- ☐ Sieve with cloth

Produces 10 liter veggie Broth

- ☐ 11 liter cold tap Water
- ☐ 400 gr Onions
- ☐ 400 gr Leeks
- ☐ 200 gr Carrots
- ☐ 200 gr Fennel
- ☐ 200 gr Celery roots
- ☐ 200 gr Cabbage white
- ☐ 300 gr Tomatoes
- ☐ 2 Bay leaved
- ☐ some Peppercorns, black
- ☐ 40 ml Oil

Directions

Cooking time: 30 minutes

Chop the cleaned vegetables into small pieces.

Sauté the diced onion in oil, then add the remaining vegetables and sauté together.

Add water & seasoning.

Cook for approx. 30 min. over moderate heat.

Strain the finished broth through a cloth.

Notes

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