

Suggested Mirepoix and Stock Ratios

STANDARD MIREPOIX

YIELD 1 LB

onions.....1/2 lb (2 parts)
celery.....1/4 lb (1 part)
carrot.....1/4 lb (1 part)

WHITE MIREPOIX

YIELD 1 LB

(equal parts)

onion.....1/4 lb
celery or celeriac.....1/4 lb
parsnip.....1/4 lb
leeks.....1/4 lb

BONE STOCK

YIELD 1 GALLON

bones.....8 lb
water..... 5-6 qt
(water varies with type of bone)
mirepoix (or white mirepoix).....1 lb
sachet or bouquet garni.....1 ea

BOUILLON OR BROTH

YIELD 1 GALLON

meat.....10 lb
water.....5qt
mirepoix.....1 l
sachet or bouquet garni.....1 ea

PLANT-BASED STOCK

YIELD 1 GALLON

assorted non-starchy vegetables.....5 lb
water.....5 qt
sachet or bouquet garni.....1 ea

COURT BOUILLON

YIELD 1 GALLON

water.....5 qt
onions.....2 lb
carrots.....1 lb
celery.....1 lb
white wine vinegar..... 8 fl oz
salt..... 2 tbsp
sachet or bouquet garni.....1 ea

FISH STOCK (FUMET)

YIELD 1 GALLON

fish bones (non oily).....11 lb
white mirepoix.....1 lb
water.....4 1/4 qt
sachet.....1 ea
mushroom trimmings.....10 oz

Est. COOKING TIMES FOR BASIC STOCKS

fish stock of fumet.....35min-45min
plant-based.....45 min- 1 hours
chicken stock.....3 hours- 4 hours
fond brun.....6 hours- 8 hours
fond blanc.....3 hours- 5 hours
bone broth.....simmer until meat is tender