

Golden Shrimp Stock

Adapted from emerils.com

4 to 5 ounces shrimp shells and tails
1 teaspoon vegetable oil
5 cups water
1/4 cup each chopped onions, celery, and carrots
1/2 teaspoon minced garlic
1 small bay leaf
1/4 teaspoon black peppercorns
Dash of salt
1 sprig fresh thyme (or large pinch dried)
Large pinch of dried parsley

Rinse the shells and tails in a colander and set aside to drain.

In a stockpot or Dutch oven, heat the oil over medium-high heat. Add the shrimp shells and tails and stir around and cook until the shells are a bright pink, about 5 minutes.

Add the water and the rest of the ingredients. Turn the heat to high, and bring to a boil. Once boiling, reduce the heat until the stock is at a low simmer, then continue simmering for about an hour more.

Strain the stock through a fine mesh sieve (mine was also lined with additional cotton mesh) into a heatproof container. Allow to cool, then cover and refrigerate for up to three days until use. The stock can also be frozen in zip-top freezer bags for future use.