

# UTILISATION IS CONSERVATION



## MAKING THE MOST OF FISH HEADS



### How to make fish stock

#### Ingredients

1. 2kg of heads and frames, with gills and guts removed.
2. 1 cup of roughly chopped onion
3. 1 carrot roughly chopped
4. 1 tablespoon of peppercorns
5. 3 Bay leaves



Optional: Experiment with other ingredients such as celery, capsicum, parsley etc.

#### Method

1. Cut or break the frames up so they can fit comfortably in the pot
2. Cover the fish with water, bring to the boil
3. Add the rest of the ingredients and reduce the heat to a simmer for 20 minutes.
4. Once finished, leave it to stand for 10 minutes before straining and retaining the liquid. Use straight away or let it cool completely before freezing for later use.



### Thanks to our partners



Lou and Iris Fisher  
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BlueWater  
MARINE RESEARCH

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## MAKE THE MOST OF FISH HEADS & FRAMES

FishCare promotes best practice techniques to help recreational fishers reduce their impact on our inshore fisheries. Our vision is an abundant fishery enjoyed by today's and future generations. The FishCare programme is the work of LegaSea and the NZ Sport Fishing Council.



### **Fish Stock**

Fish stock made from fish heads make seafood soups, sauces, chowders and other recipes mouth wateringly good. The bones and gelatine add extra flavour not possible from fillets alone. Preparation is simple and stock is easy to freeze and utilise later.



### **Smoked fish**

Smoked fish is a great way to utilise the whole fish. Once the guts and gills are removed, the fish can be split in half all the way through the body including the head. This provides good access to the meat in the head which is often overlooked. You can also just smoke the head and frame if using the fillets in another dish.



### **Want to know where to get free local fish heads and frames?**

Go to [www.freefishheads.co.nz](http://www.freefishheads.co.nz) or download the app to find someone in your area who wants to share them with their community.

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