

Basic Court Bouillon

Swick

Makes 7 cups | Active Time: 10 minutes | Total Time: 40 minutes

Chef's Notes

Don't let the fancy French name fool you. Court bouillon, which means "short broth" in French, is simply a flavorful liquid that is used to poach fish, seafood, chicken, and sometimes fruit. The liquid often contains water (however almost any liquid can be used) and usually an acid (such as wine, vinegar, or citrus). Aromatics, such as herbs, zest, and spices are often used to add flavor and personalize dishes.

Step 1: Making the Court Bouillon

- 5 cups cold water
- 1 cup white wine
- 2 ribs celery
- 1 leek (white part only)
- 1 small onion
- 1 lemon
- 1 bay leaf
- 1 tsp whole peppercorns (white or black)
- 2 tsp kosher salt (or to taste)
- 1 sprig fresh parsley

To prepare the court bouillon, place the cold water and wine in a pot. Slice the celery into 1/8" -inch slices. Cut the leek in half, wash and thinly slice just the white part. Dice the onion and add everything to the liquid. Cut the lemon and squeeze in the juice. Add the bay leaf, peppercorns and salt and parsley and bring to a simmer. Once the liquid comes to a simmer, turn off the heat. Cover with a lid and let steep for about 30 minutes.

Once ready to use, transfer the poaching liquid to a suitable-sized pan in which to cook your food. Bring the liquid to the proper poaching temperature (between 160° to 180° degrees Fahrenheit. Make sure the food is completely submerged and cook until it is done to your liking.