

Prawn Shell Stock



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This quick and easy prawn shell stock recipe will help you minimise food waste and add flavour to other dishes.

Recipe makes 1 litre of stock.

Ingredients

3 tbsp olive oil

500 g prawn shells and heads

1 onion, halved

2-3 celery tops

1.5 litres of water

Method:

1. In a pot over medium high heat add the olive oil and prawn shells and heads.
2. Press onto the prawn heads to release more prawn flavour. Cook until the oil and shells turn orange and all the liquid has evaporated.
3. Add the onion and celery tops, stir fry for a further 1-2 minutes then add the water.

4. Bring the stock to a boil, then turn down the heat to a gentle simmer. Let the stock simmer for 40-45 minutes.
5. Once cool, pour stock over a sieve into a container and store in the refrigerator or freezer until ready to use.