



[Seafood Stock Recipe](#)

Recipe found on AnnsEntitledLife.com

Prep Time: 15 Minutes

Cook time: 1 Hour

Ingredients:

- 1 lb Shrimp and Crab Shells
- 1 cup Onions, chopped
- 2 Carrots, chopped
- 3 Celery Stalks, chopped
- 3 Garlic Cubes (knorr)
- 3 Onion Cubes (knorr)
- 1½ quarts Water
- ½ cup White Wine
- 1 tsp Old Bay Seasoning
- 1 tsp Black Peppercorns
- 1 TBSP Dry Parsley
- ½ tsp Dry Thyme
- 2 Bay Leaves

Directions:

- Place all ingredients into a pressure cooker.
 - Bring up to pressure over medium heat, once at pressure reduce to low heat and cook for 1 hour.
 - Strain through a sieve so the liquid flows through to a clean bowl. Press down on the solid material to get out all the seafood stock.
 - Note: this freezes well.
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- Makes 2 quarts Seafood Stock