

## **Remy**

from  
Brodo

A remoulade (remy for short) is a weak stock made from bones and aromatics you already use to make a batch of broth. When you've invested in quality stock bones, making a remy is a way to wring every bit of value from those bones. Getting into the habit of making a remy is a great practice, and though it requires more time and space, it is also the secret to truly exceptional broth.

Make and strain your broth as usual, but reserve the softened cooked bones and vegetables rather than tossing them out. Transfer the bones and vegetables to another pot or scoop them into a holding vessel and then return them to the same pot when you've poured off the broth. Then cover the used bones and aromatics with cold water, bring to a boil, and simmer for another hour or two. Strain resulting broth again, and you've got a remy or "half stock."

There are plenty of ways to put a remy to work but by far the best is to use it instead of water the next time you make broth. Your finished broth will have a depth of flavour and complexity that could not be accomplished with water alone. You can also use the remy in vegetable and bean based soups that get the majority of their flavour from aromatic herbs and spices. Don't use it to make a broth-based soup like a chicken soup – remy is not flavourful enough for that.