

Cuisine at home

CIRCULATION: 500,000
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■ from our readers

Q&A questions & answers

Stock Up

I've seen packages of both broth and stock recently in the grocery store. Can you please explain the difference between the two?

*Peg Monzu
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This question comes up a lot. It's easy to confuse the two: differences are subtle, the terms are often used interchangeably, and some companies produce both products.

Broth is made by simmering vegetables with meat or fish for only a few hours. It's generally so rich in flavor that it can be served on its own. Stocks are made by



simmering vegetables with the bones of meat or fish for much longer time periods (4–8 hours). Stocks have more body due to the collagen extracted from the bones, but less flavor due to their prolonged cooking time. They are often boiled down to intensify flavor, and then used as the base for soups and sauces.