

SHRIMP BISQUE

Last Modified: 12/07/2018

PREP: 30 Min
COOK: 1 Hr
STOVETOP

F MEDIUM

SOUP-SEAFOOD

MAKES 4 SERVINGS

| QUA | MEASURE | INGREDIENT | PROCESS |
|---------|---------|---|-----------|
| 1 1/2 | Pounds | Whole Medium Shrimp (41 / 50 Count) | Chopped |
| PLUS | | | |
| 12 ~ 16 | Whole | Extra Large Shrimp (26 / 30 Count) | Garnish |
| 1 | Stick | Unsalted Butter | |
| 1 | Small | Sweet Onion | Minced |
| 1/3 | Cup | All Purpose Flour | |
| 3 | Tbsp | Dry White Wine (Chablis) Or Sherry (Christian Brothers) | |
| 1 | Pint | Half & Half | |
| 1 | Cup | Homemade Fish Stock (See Below) | |
| OR | | | |
| 1 | Cup | Fish Sauce (Three Crabs) | |
| OR | | | |
| 4 | Cubes | Fish Bouillon Dissolved in 1 cup warm water | Dissolved |
| 4 | Cups | Water | |
| 4 | Tbsp | Fresh Italian Parsley Leaves | Fine Chop |

HOMEMADE FISH STOCK

| | | | |
|-------|---------|---|-----------|
| | All | Shells/Heads/Tails removed during peeling | |
| | | Plus any liquids left in the bag after thawing them | |
| 1/4 | Cup | Brandy (E&J VSOP Reserve) | |
| 1 | Strip | Lemon Peel | |
| 2 | Small | Carrots (Scrubbed) | Chopped |
| 1 | Stalk | Celery | Chopped |
| 1 | Small | Yellow Onion | Quartered |
| 5 | Whole | Fennel Seeds | |
| 1 +/- | Pinches | Kosher Salt | To Taste |
| 1 +/- | Pinches | Fresh Ground Black Pepper | To Taste |

PREPARATION

| | |
|----------------|---|
| FACTOID | Technically, a "Bisque" is simply a thick, rich, flavorful Broth. I prefer this, full of cut Shrimp pieces and thick enough to float a pinwheel of whole Shrimp for a very nice presentation. If possible, purchase whole Shrimp with the heads on. When those heads are used for making the Fish Stock, the flavor will end up being to die for. |
| TOOLS | <ol style="list-style-type: none"> 1) Medium Mixing Bowl 2) Food Processor OR Blender 3) Large Saucepan & Lid 4) Fine Wire Strainer 5) Cheese Cloth Squares |

SHRIMP BISQUE

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| PREP | DISH 1) Mince the Sweet Onion and set it aside. 2) Finely chop the Parsley Leaves and set them aside. |
| PREP | HOMEMADE FISH STOCK 1) Quarter the Yellow Onion and set it aside. 2) Chop the Carrots and add them on top of the Onions. 3) Chop the Celery and add them on top of the Onions. |
| PREP | Remove the heads, peel, devein, medium chop and reserve the Medium Shrimp. Peel, devein and reserve 3 to 4 whole Extra Large Shrimp for each serving to float on top as a Garnish (12 total). Reserve the heads and shells for making the stock. |
| 1 | FISH STOCK: In a large saucepan over medium high heat, add in the Butter, Shrimp shells, liquid, Lemon Peel, Carrots, Celery, Onion and Fennel Seeds, saute while stirring until the Shrimp Shells begin to smell good, about 10 minutes. |
| 2 | FISH STOCK: Add the Brandy and light it on fire with a long handled lighter - When the Brandy stops burning on it's own, stir to mix it well. If using - add in the Fish Sauce or dissolved Bouillon Cubes. Add in the 4 cups of Water, bring the mixture to a boil and reduce the heat to a simmer. Simmer for around 25 minutes, spooning off any scum which rises to the surface. |
| 3 | FISH STOCK: Strain the Fish Stock Mixture through a Muslin or layered Cheese Cloth lined fine wire strainer set over a bowl, pressing with the back of a large spoon to force the liquid through. Clean the saucepan and return the strained Stock back into the pan. Simmer on low heat until the Fish Stock is reduced to about 3 cups and set it aside in a bowl. |
| 4 | BISQUE: Wipe the saucepan out with a paper towel and over medium high heat, melt the Butter. Gently saute the Onions until soft. Sprinkle in the Flour and cook it while stirring for 3 minutes to make a Roux. Gradually blend in the Fish Stock Mixture until it's smooth. |
| 5 | BISQUE: Stir in the White Wine and bring it to a boil. Add in the whole Garnish Shrimp and let them cook until just barely pink. Remove the whole Garnish Shrimp and temporarily set them aside. Add in the Half & Half and 1/2 of the Chopped Shrimp. Lower the heat and simmer the mixture for 3 minutes. Cool the Soup slightly, then, in a food processor, pulse the Soup into a smooth puree (See Caution Below). |
| CAUTION | BLENDING HOT LIQUIDS: When blending hot liquids, remove the liquid from the heat and allow it to cool for at least 5 minutes. Transfer the liquid to a blender or food processor and fill it no more than halfway full. If using a blender, release one corner of the lid; that prevents the vacuum effect that creates heat explosions. Place a towel over the top of the machine, pulse a few times, then process on high speed until smooth. |
| 6 | BISQUE: Return the puree to the saucepan. Add in the remaining Chopped Shrimp and season the Soup to taste with Salt and Pepper. Gently reheat it for 3 to 4 minutes. At this point the Soup should be thick and creamy. If not thick enough, stir in a little Corn Starch mixed with cold water and simmer it for an additional 3 minutes. |
| SERVE | Ladle the Soup into bowls. Carefully float 3 whole Garnish Shrimp per bowl, centered in a tight pinwheel on the top (See Picture). The Bisque should be thick enough now to easily support them. Sprinkle the top liberally with finely chopped Parsley for a little color. |