



Shrimp Bisque

Serves six

1 pound shrimp – peeled and deveined (save the peels)
4 cups water + plus more to top off stock
1 small white onion – peeled and quartered
3 garlic cloves – coarsely chopped
1 small celery stalk with leaves
1 small onion – peeled and quartered
2 leeks – chopped up to the light green part – thoroughly washed
4 garlic cloves – minced
¼ cup sherry
¼ cup dry white wine
4 TBS butter
4 TBS flour
1 cup milk
1 cup heavy cream
1 heaping TBS of tomato paste
2 tsp. salt
2 tsp. black pepper
3 TBS olive oil
Chopped parsley for garnish - optional

Place the shrimp peels in a pot with a TBS of olive oil. Sauté until peels turn pink. Add 4 cups water, celery, onion, garlic and carrot. Simmer for 45 minutes. Strain stock and add enough water to make 4 cups. Set aside.

Add 2 TBS olive oil to pan. Add the leeks and cook for about 10 minutes until softened but not browned. Stir occasionally. Add the garlic and mix well. Cook for about a minute until fragrant. Add the shrimp and ¼ cup sherry. Cook for 1 couple of minutes. Add the white wine and cook for another 3 to 4 minutes until shrimp is cooked through.

Place shrimp and leeks in a food processor and puree until coarse. Set aside.

Add butter to the pot and melt. Add the flour and whisk constantly for 2 to 3 minutes – until flour is cooked. Do not worry if you have some lumps. They will disappear when you add the milk and cream. Add the milk and cream and whisk constantly until you have a smooth, thickened sauce.

Add the shrimp stock, processed shrimp and tomato paste. Mix well. Season with salt and pepper. Mix until heated through. Do not boil soup.

Ladle soup into bowls and garnish with chopped parsley if desired. Serve and enjoy!

CALORIES 415.72; FAT 33.15 grs (sat 16.02; mono 13.01; poly 1.98); PROTEIN 16.53 grs ; FIBER 1.02 grs; CARBS 14.32 grs; CHOLESTEROL 175.76 mg; IRON 1.43 mg; SODIUM 1358.95 mg; CALCIUM 146.53 mg

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