



Blonde Ale Beer Brats and Cheddar Cheese Bisque

READY IN



50 min.

SERVINGS



6

CALORIES



874 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 24 ounce ale room temperature (Mission Street Blonde,)
- 2 bay leaves
- 0.5 cup carrots diced (Small)
- 6 cups chicken stock see
- 0.5 teaspoon ground mustard dry
- 2 tablespoons garlic chopped ()
- 0.3 teaspoon ground pepper
- 0.3 teaspoon nutmeg

- 2 cups cup heavy whipping cream (Tempered)
- 0.5 teaspoon paprika sweet
- 1 cup leek diced (Small)
- 2 tablespoons olive oil
- 0.5 cup pastry flour
- 0.5 lb sausage sliced (Hillshire Farms Beer Brats, 1/)
- 2 teaspoons sea salt fine
- 2 cups sharp cheddar cheese grated ()
- 2 tablespoons tomato paste
- 6 tablespoons butter unsalted
- 1 teaspoon pepper white

Equipment

- bowl
- whisk
- dutch oven

Directions

- In a 5-quart Dutch oven add olive oil,1-tablespoon butter, bay leaves and Beer Brats.
- Saute over medium heat until Brats are brown.
- Add 2 ounces Mission Street Blonde Ale and reduce by half.
- Add 1-tablespoon butter,leeks and carrots. Season with salt and pepper.
- Saute' vegetables 4-5 minutes.
- Add garlic, tomato paste and saute' for a minute.
- Add remaining butter and stir well until butter has melted. Stir in flour, mustard, paprika, cayenne pepper and cook vegetables 3-4 minutes.Gradually wisk in chicken stock, ale and cook 4-5 minutes or until bisque has thickened.
- Whisk warm cream, nutmeg and slowly bring to a full boil. Reduce to a simmer for 20 minutes. Wisk a few times to prevent from burning.

- Remove bay leaves from bisque. Slowly fold in 3/4 cup crme fraiche, grated cheddar cheese. Season to taste with fine sea salt and white pepper taste. Stir bisque and simmer 3-4 minutes or until cheese melts. Do not let bisque boil.
- Serve Bisque in warm bowls.
- Garnish with fresh chopped parsley, cheese and Crme Fraiche.

Nutrition Facts

PROTEIN 11.99%

FAT 74.72%

CARBS 13.29%

Properties

Glycemic Index:61.06, Glycemic Load:3.44, Inflammation Score:-10, Nutrition Score:22.949565410614%

Flavonoids

Catechin: 0.43mg, Catechin: 0.43mg, Catechin: 0.43mg, Catechin: 0.43mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 1.35mg, Kaempferol: 1.35mg, Kaempferol: 1.35mg, Kaempferol: 1.35mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg

Nutrients (% of daily need)

Calories: 874kcal (43.7%), Fat: 70.87g (109.03%), Saturated Fat: 37.5g (234.4%), Carbohydrates: 28.37g (9.46%), Net Carbohydrates: 26.25g (9.54%), Sugar: 8.1g (9%), Cholesterol: 191.83mg (63.94%), Sodium: 1686mg (73.3%), Alcohol: 4.42g (100%), Alcohol %: 0.98% (100%), Protein: 25.58g (51.17%), Vitamin A: 4159.71IU (83.19%), Phosphorus: 409.67mg (40.97%), Selenium: 26.52µg (37.89%), Vitamin B2: 0.64mg (37.68%), Calcium: 362.37mg (36.24%), Vitamin B3: 7.1mg (35.52%), Manganese: 0.6mg (30%), Vitamin B6: 0.51mg (25.51%), Zinc: 3.15mg (20.99%), Vitamin B1: 0.3mg (19.89%), Potassium: 653.62mg (18.67%), Vitamin E: 2.74mg (18.29%), Vitamin K: 17.3µg (16.47%), Magnesium: 61.29mg (15.32%), Vitamin B12: 0.89µg (14.9%), Vitamin D: 2.2µg (14.64%), Copper: 0.28mg (14.09%), Folate: 47.92µg (11.98%), Iron: 2.15mg (11.95%), Fiber: 2.12g (8.5%), Vitamin B5: 0.81mg (8.13%), Vitamin C: 5.79mg (7.02%)