



Lucile Wright's Oyster Bisque

READY IN



25 min.

SERVINGS



4

CALORIES



725 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 tablespoons butter
- 4 servings cayenne pepper
- 4 stalks celery cut in medium pieces
- 4 servings curry powder
- 2 tablespoons flour all-purpose
- 4 servings parsley leaves fresh chopped
- 2 cups heavy cream
- 1 tablespoon juice of lemon fresh
- 4 cups milk

- 4 servings nutmeg freshly grated
- 1 medium onion chopped
- 4 servings paprika
- 4 servings salt and pepper black
- 1 quart shucked oysters in their liquor
- 1 tablespoon worcestershire sauce

Equipment

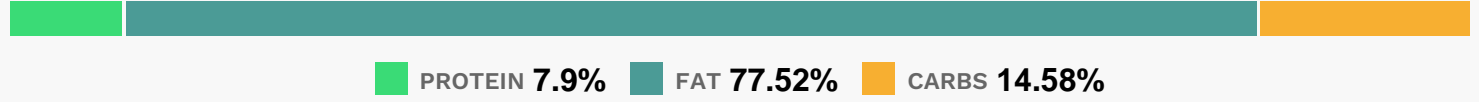
- bowl
- whisk
- pot
- slotted spoon
- colander

Directions

- Pick over the oysters for shells. Simmer the oysters and oyster liqueur in a covered pot over low heat with a little salt and black pepper. Stir occasionally until the edges of the oysters curl, about 6 minutes.
- Lift the oysters out of the stock with a slotted spoon and put them in a colander with a bowl underneath to catch the pot liquor.
- Pour the stock from the pot into the bowl, being careful to discard any oyster dregs. Set the stock aside.
- Cook the celery and onion in a little water until tender; drain, reserving the broth.
- Add the broth to the oyster stock (should measure about 2 cups), and then add the milk and cream (reserve a little cream to whip for garnish).
- Heat the butter, then whisk in the flour to make a roux.
- Add the stock mixture to the roux, and stir briskly until thickened and smooth.
- Add a little nutmeg, a pinch of curry powder, the lemon juice, Worcestershire, and cayenne. Correct the seasonings.

- Mash the oysters with the celery and onions and mix well; add to oyster stock. Keep warm over hot water until time to serve. Whip the reserved cream.
- Pour bisque into individual bowls. Swirl an even portion of whipped cream into each bowl.
- Add a little paprika and chopped parsley to garnish. Offer sherry, if desired.

Nutrition Facts



Properties

Glycemic Index:94, Glycemic Load:7.84, Inflammation Score:-10, Nutrition Score:31.495652032935%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 9.76mg, Apigenin: 9.76mg, Apigenin: 9.76mg, Apigenin: 9.76mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 5.76mg, Quercetin: 5.76mg, Quercetin: 5.76mg, Quercetin: 5.76mg

Nutrients (% of daily need)

Calories: 724.98kcal (36.25%), Fat: 64.17g (98.72%), Saturated Fat: 39.91g (249.42%), Carbohydrates: 27.15g (9.05%), Net Carbohydrates: 23.81g (8.66%), Sugar: 18.64g (20.71%), Cholesterol: 203.31mg (67.77%), Sodium: 522.27mg (22.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.72g (29.43%), Vitamin A: 4854.72IU (97.09%), Vitamin K: 87.45µg (83.29%), Zinc: 10.99mg (73.3%), Vitamin B12: 3.6µg (60.03%), Calcium: 445.28mg (44.53%), Vitamin B2: 0.69mg (40.72%), Copper: 0.79mg (39.4%), Phosphorus: 388.45mg (38.85%), Vitamin D: 4.59µg (30.59%), Potassium: 835.85mg (23.88%), Vitamin E: 3.3mg (21.97%), Selenium: 15.11µg (21.59%), Vitamin B6: 0.37mg (18.72%), Manganese: 0.36mg (18.16%), Magnesium: 65.71mg (16.43%), Vitamin B1: 0.25mg (16.39%), Iron: 2.94mg (16.32%), Vitamin C: 13.03mg (15.8%), Vitamin B5: 1.5mg (15.01%), Fiber: 3.34g (13.37%), Folate: 46.65µg (11.66%), Vitamin B3: 1.46mg (7.3%)