



Shrimp Bisque

READY IN



45 min.

SERVINGS



6

CALORIES



624 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon pepper black freshly ground
- 1 pinch cayenne pepper
- 0.3 cup cognac
- 0.3 cup cooking sherry dry
- 0.3 cup flour all-purpose
- 3 cloves garlic chopped
- 2 cups half-and-half
- 2 teaspoons kosher salt
- 2 cups leeks light white green chopped (3 leeks)

- 3 tablespoons olive oil good
- 4 cups seafood stock
- 1 pound shrimp deveined peeled
- 0.3 cup tomato paste
- 4 tablespoons butter unsalted ()

Equipment

- food processor
- sauce pan
- whisk
- pot
- wooden spoon
- dutch oven

Directions

- Watch how to make this recipe.
- Place the shrimp shells and seafood stock in a saucepan and simmer for 15 minutes. Strain and reserve the stock.
- Add enough water to make 3 3/4 cups.
- Meanwhile, heat the olive oil in a large pot or Dutch oven.
- Add the leeks and cook them for 10 minutes over medium-low heat, or until the leeks are tender but not browned.
- Add the garlic and cook 1 more minute.
- Add the cayenne pepper and shrimp and cook over medium to low heat for 3 minutes, stirring occasionally.
- Add the Cognac and cook for 1 minute, then the sherry and cook for 3 minutes longer.
- Transfer the shrimp and leeks to a food processor fitted with a steel blade and process until coarsely pureed.
- In the same pot, melt the butter.
- Add the flour and cook over medium-low heat for 1 minute, stirring with a wooden spoon.

Add the half-and-half and cook, stirring with a whisk, until thickened, about 3 minutes. Stir in the pureed shrimp, the stock, tomato paste, salt, and pepper and heat gently until hot but not boiling. Season, to taste, and serve hot.

Nutrition Facts

PROTEIN 11.73% **FAT 39.58%** **CARBS 48.69%**

Properties

Glycemic Index:53, Glycemic Load:27.94, Inflammation Score:-8, Nutrition Score:19.236521749393%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.8mg, Kaempferol: 0.8mg, Kaempferol: 0.8mg, Kaempferol: 0.8mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 624.39kcal (31.22%), Fat: 26.19g (40.3%), Saturated Fat: 11.9g (74.36%), Carbohydrates: 72.49g (24.16%), Net Carbohydrates: 68.68g (24.98%), Sugar: 8.56g (9.51%), Cholesterol: 48.3mg (16.1%), Sodium: 1469.3mg (63.88%), Alcohol: 4.37g (100%), Alcohol %: 1.36% (100%), Protein: 17.47g (34.93%), Selenium: 54.67µg (78.1%), Manganese: 1mg (50%), Phosphorus: 303.71mg (30.37%), Vitamin A: 1250.72IU (25.01%), Vitamin B3: 4.51mg (22.54%), Vitamin K: 22.56µg (21.49%), Copper: 0.42mg (20.93%), Vitamin B2: 0.31mg (18.53%), Potassium: 642.08mg (18.35%), Calcium: 182.42mg (18.24%), Vitamin E: 2.66mg (17.77%), Magnesium: 67.5mg (16.88%), Iron: 2.8mg (15.56%), Fiber: 3.81g (15.24%), Vitamin B6: 0.29mg (14.61%), Folate: 53.3µg (13.32%), Zinc: 1.76mg (11.7%), Vitamin B1: 0.16mg (10.98%), Vitamin C: 7.95mg (9.64%), Vitamin B5: 0.67mg (6.72%), Vitamin B12: 0.33µg (5.53%)