

Shrimp Bisque

READY IN



45 min.

SERVINGS



6

CALORIES



653 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 bay leaves divided
- ☐ 0.5 cup brandy
- ☐ 2 carrots peeled chopped
- ☐ 0.3 teaspoon ground pepper ()
- ☐ 2 celery stalks chopped
- ☐ 0.3 cup chives fresh finely chopped
- ☐ 3 sprigs parsley fresh
- ☐ 3 sprigs thyme sprigs fresh
- ☐ 0.5 cup cup heavy whipping cream

- ☐ 6 servings pepper black freshly ground
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 1 medium onion chopped
- ☐ 1.5 pound shells deveined peeled (45)
- ☐ 2 tablespoons tomato paste
- ☐ 4 tablespoons butter unsalted divided ()
- ☐ 0.3 cup rice long-grain white

Equipment

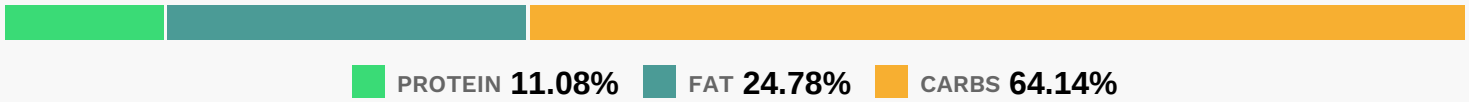
- ☐ bowl
- ☐ ladle
- ☐ pot
- ☐ sieve

Directions

- ☐ Melt 1 tablespoon butter in a large heavy pot over medium-high heat.
- ☐ Add shrimp shells and cook, stirring frequently, until they begin to brown, about 5 minutes.
- ☐ Add 1 bay leaf and 8 cups water. Simmer uncovered for 25 minutes. Set a fine-mesh strainer over a large bowl. Strain, discarding solids. DO AHEAD: Shrimp stock can be made 3 days ahead.
- ☐ Let cool slightly; chill uncovered until cold, then cover and keep chilled.
- ☐ Melt 1 tablespoon butter in a large heavy pot over medium heat.
- ☐ Add shrimp and cook, stirring occasionally, until just opaque in center, 3-4 minutes.
- ☐ Transfer shrimp to a plate.
- ☐ Add remaining 2 tablespoons butter to same pot.
- ☐ Add carrots, celery, and onion and cook over medium heat, stirring frequently, until very soft, about 20 minutes.
- ☐ Remove pot from heat; add brandy. Return pot to heat and stir until almost evaporated, 2-3 minutes.
- ☐ Add rice and tomato paste; stir for 1 minute.

- ☐ Add shrimpstock, remaining bay leaf, parsley, thyme,and 1/4 teaspoon cayenne. Simmer uncovereduntil flavors meld and rice is soft, about20 minutes. Season with salt and pepper.Reserve 4 shrimp for garnish and stirremaining shrimp into bisque.
- ☐ Removeparsley, thyme, and bay leaf.
- ☐ Working in batches, purée bisque in ablender until smooth.
- ☐ Pour through a finemeshstrainer set over a clean pot. Discardsolids in strainer. Stir in cream and reheatabisque over medium heat.
- ☐ Add lemon juice.Season to taste with salt, pepper, and morecayenne, if desired.
- ☐ Mince reserved shrimp and mix withchives in a small bowl.
- ☐ Place 1 heapingtablespoon shrimp mixture in the center of large,shallow soup bowls. Ladle bisque aroundgarnish and serve.

Nutrition Facts



Properties

Glycemic Index:75.84, Glycemic Load:39.2, Inflammation Score:-10, Nutrition Score:20.407826042694%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 1.13mg, Apigenin: 1.13mg, Apigenin: 1.13mg, Apigenin: 1.13mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 1.03mg, Isorhamnetin: 1.03mg, Isorhamnetin: 1.03mg, Isorhamnetin: 1.03mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 3.88mg, Quercetin: 3.88mg, Quercetin: 3.88mg, Quercetin: 3.88mg

Nutrients (% of daily need)

Calories: 653.08kcal (32.65%), Fat: 16.65g (25.62%), Saturated Fat: 9.72g (60.73%), Carbohydrates: 96.99g (32.33%), Net Carbohydrates: 91.94g (33.43%), Sugar: 6.26g (6.96%), Cholesterol: 42.48mg (14.16%), Sodium: 72.24mg (3.14%), Alcohol: 6.68g (100%), Alcohol %: 3.75% (100%), Protein: 16.76g (33.51%), Selenium: 73.96µg (105.65%), Vitamin A: 4185.52IU (83.71%), Manganese: 1.23mg (61.59%), Phosphorus: 257.74mg (25.77%), Fiber: 5.06g (20.23%), Copper: 0.4mg (19.9%), Magnesium: 72.8mg (18.2%), Vitamin K: 17.15µg (16.33%), Potassium: 454.26mg (12.98%), Vitamin B6: 0.25mg (12.73%), Zinc: 1.89mg (12.63%), Vitamin B3: 2.5mg (12.51%), Vitamin C: 9.3mg (11.27%), Iron: 2.01mg (11.16%), Vitamin B1: 0.14mg (9.51%), Folate: 34.97µg (8.74%), Vitamin B2: 0.15mg (8.57%), Vitamin B5: 0.74mg (7.37%), Vitamin E: 0.95mg (6.32%), Calcium: 60.22mg (6.02%), Vitamin D: 0.46µg

(3.05%)