



Shrimp Bisque with Pernod

READY IN



45 min.

SERVINGS



8

CALORIES



426 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 8 servings accompaniment: anise seed flatbreads
- ☐ 1 bay leaf (not California)
- ☐ 3 carrots chopped
- ☐ 0.8 teaspoon cayenne
- ☐ 2 rib celery chopped
- ☐ 8 servings garnish: chives fresh chopped
- ☐ 0.3 cup heavy cream
- ☐ 8 servings juice of lemon fresh to taste
- ☐ 1 medium onion chopped

- ☐ 0.5 cup pernod
- ☐ 2 tablespoons rice long-grain
- ☐ 2 teaspoons salt
- ☐ 1.3 lb shrimp shelled deveined
- ☐ 2 tablespoons tomato paste
- ☐ 0.3 cup butter unsalted
- ☐ 2 qt water

Equipment

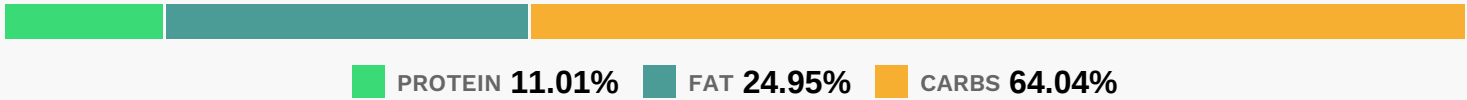
- ☐ bowl
- ☐ pot
- ☐ sieve
- ☐ blender
- ☐ slotted spoon

Directions

- ☐ Cook shrimp shells in 1 tablespoon butter in a 4-quart pot over moderately high heat, stirring frequently, until golden.
- ☐ Add Pernod and boil, stirring frequently, until most of liquid is evaporated.
- ☐ Add water and bay leaf and simmer, uncovered, 20 minutes.
- ☐ Pour shrimp stock through a fine sieve into a bowl, pressing on shells and then discarding them.
- ☐ While stock is simmering, cook shrimp with salt to taste in 1 tablespoon butter in a 6-quart heavy pot over moderate heat, stirring frequently, until just cooked through, 3 to 4 minutes.
- ☐ Transfer with a slotted spoon to a bowl.
- ☐ Add remaining 2 tablespoons butter to pot, then cook carrots, celery, and onion over moderate heat, stirring, until softened. Stir in rice, tomato paste, cayenne, salt, and shrimp stock and simmer, covered, until rice is tender, about 20 minutes. Set aside 12 shrimp and stir remainder into bisque.

- ☐ Purée bisque in batches in a blender (use caution when blending hot liquids), then pour through fine sieve into another pot. Stir in cream and cook over low heat until heated through (do not boil). Stir in lemon juice and salt to taste.
- ☐ Cut reserved shrimp into 1/4-inch dice, then use as part of garnish for bisque.
- ☐ Bisque can be made 2 days ahead. Cool, uncovered, before chilling, covered.

Nutrition Facts



Properties

Glycemic Index:42, Glycemic Load:24.37, Inflammation Score:-10, Nutrition Score:15.274347646081%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.76mg, Isorhamnetin: 0.76mg, Isorhamnetin: 0.76mg, Isorhamnetin: 0.76mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.94mg, Quercetin: 2.94mg, Quercetin: 2.94mg, Quercetin: 2.94mg

Nutrients (% of daily need)

Calories: 426.26kcal (21.31%), Fat: 10.75g (16.54%), Saturated Fat: 6.16g (38.53%), Carbohydrates: 62.1g (20.7%), Net Carbohydrates: 58.47g (21.26%), Sugar: 4.76g (5.29%), Cholesterol: 26.46mg (8.82%), Sodium: 649.78mg (28.25%), Alcohol: 5.68g (100%), Alcohol %: 1.79% (100%), Protein: 10.67g (21.34%), Vitamin A: 4333.27IU (86.67%), Selenium: 46.12µg (65.88%), Manganese: 0.79mg (39.54%), Phosphorus: 168.37mg (16.84%), Copper: 0.3mg (15.04%), Fiber: 3.63g (14.51%), Magnesium: 50.85mg (12.71%), Vitamin C: 10.06mg (12.19%), Potassium: 344.99mg (9.86%), Vitamin B6: 0.19mg (9.35%), Iron: 1.61mg (8.93%), Vitamin B3: 1.71mg (8.54%), Zinc: 1.28mg (8.51%), Vitamin B1: 0.1mg (6.79%), Vitamin K: 6.77µg (6.45%), Folate: 25.56µg (6.39%), Vitamin B2: 0.1mg (5.72%), Calcium: 52.54mg (5.25%), Vitamin E: 0.74mg (4.97%), Vitamin B5: 0.49mg (4.93%), Vitamin D: 0.27µg (1.77%)