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**Sip, Slurp and Savour ...**

# Southern Accent Restaurant's Butternut Shrimp Bisque

**A Winner of four Soupalicious Awards!**

## Ingredients

- 3 Tablespoons unsalted butter
- 2 cups diced yellow onion
- 1 bay leaf
- 4 cups butternut squash  
(peeled, de-seeded, and diced into ½ - inch cubes)
- 2 cups peeled black tiger shrimp
- 2 ¼ teaspoons salt
- 3/8 teaspoon ground cayenne pepper
- 1/8 teaspoon ground white pepper
- ½ cup shrimp stock (see NOTE)
- 6 cups 35% heavy whipping cream



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**NOTE:** To make shrimp stock, place shrimp heads and shells into a saucepan and cover with cold water. Bring to a boil. Reduce heat to low and simmer for 15 minutes. Strain.

## Method:

1. Heat the butter in a heavy-duty saucepan over medium-high heat. Add the onions and bay leaf and cook, stirring constantly, until the onions become soft and clear, 3-4 minutes.
2. Reduce heat to medium and add the butternut squash. Cook this mixture, stirring occasionally, until the squash begins to soften, 6-8 minutes.
3. Reduce heat to low and add the shrimp, salt, cayenne, and white pepper. Cook, stirring occasionally, until the shrimp turn pink, 2-3 minutes.
4. Add the shrimp stock and cook, stirring occasionally, for 6-8 minutes. If the mixture begins to stick to the pan, scrape it with a spoon and continue cooking. This will intensify the flavor of the bisque.
5. Remove bay leaf and discard. Transfer the squash/shrimp mixture to a food processor and puree. Return the puree to a saucepan and add the cream. Whisk until thoroughly blended. Bring to a boil. Reduce heat to low and simmer for 2-3 minutes.

This recipe yields 6 servings.



Recipe courtesy of Soupalicious Awards Winner, Chef Thess Mani.

This year, Southern Accent won the awards for Best Flavour, Best Presentation and Taster's Choice.

To taste some of their Cajun Creole Soul food, visit Chef Mani at 595 Markham Street, Toronto.

**[www.southernaccent.com](http://www.southernaccent.com)**

*For more information, visit **[www.growarow.org](http://www.growarow.org)***

Soupalicious is an event held to support the veggie-growing and food-sharing program, Plant a Row • Grow a Row. To help all those in need, plant and grow an extra row of your favourite veggies and donate the harvest to your local food bank.