

Sip, Slurp and Savour ...

Southern Accent's Butternut Shrimp and Crawfish Bisque

Ingredients

- 3 Tablespoons unsalted butter
- 2 cups diced yellow onions
- 1 bay leaf
- 4 cups butternut squash (peeled, de-seeded, and diced into ½ - inch cubes)
- 2 cups peeled fresh shrimp
- 2 ¼ teaspoons salt
- ¾ teaspoon ground cayenne pepper
- ⅛ teaspoon ground white pepper
- ½ cup shrimp stock (see NOTE)
- 6 cups 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:

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.

Reduce heat to medium and add the butternut squash. Cook this mixture, stirring occasionally, until the squash begins to soften, 6-8 minutes.

Reduce heat to low and add the shrimp, salt, cayenne, and white pepper. Cook, stirring occasionally, until the shrimp turn pink, 2-3 minutes.

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.

Remove bay leaf and discard. Transfer the squash/shrimp/crawfish 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.



Recipe courtesy of Southern Accent
595 Markham Street, Toronto.
www.southernaccent.com

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