

# GOURMET FISHING

Season III - Episode XXII



INFO-SHORTS



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## Lowcountry Shrimp Bisque



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# Grocery List

## Lowcountry Shrimp Bisque

- |               |                   |
|---------------|-------------------|
| Shrimp        | Sherry            |
| Butter        | Clam Juice        |
| Celery        | Tomato Paste      |
| Carrots       | Heavy Cream       |
| Onion         | Thyme Leaves      |
| Russet Potato | Paprika           |
| Bay Leaves    | Cayenne Pepper    |
| Cognac        | Seafood Seasoning |



Lowcountry Shrimp Bisque ingredients

# Lowcountry Shrimp Bisque



Serves 4  
Ingredients

- |  |                                      |
|--|--------------------------------------|
| 1 lbs Medium Shrimp, peeled & deveined<br>(reserve the shrimp shells)      | 1/2 cup Cognac or Brandy             |
| 3 TBS Butter   | 1/2 cup Sherry                       |
| 3 Stalks Celery, rough cut (keep them somewhat large to remove them later) | 4 cup Seafood Broth or Clam Juice    |
| 2 medium Carrots, grated   | 1 TBS Tomato Paste                   |
| 1 Sweet Onion, grater  | 1 cup Heavy Cream                    |
| 1 large Russet potato, grated  | 1 TBS Fresh Thyme Leaves             |
| 3 Fresh Bay Leaves (or 2 Dried Bay Leaves)                                 | 1/2 tsp Paprika                      |
|  | 1/4 tsp Cayenne Pepper               |
|  | 1/2 tsp Seafood Seasoning or Old Bay |

Peel the shrimp and reserve the shells.

Melt the butter in a large pot over medium-high heat and add the shrimp. Saute the shrimp until cooked. About 3-5 minutes. Remove the shrimp and let rest on a bed of paper towels. Add the reserved shells into the pot. Cook the shells until pink. Add the clam juice and thyme stems, bring to a boil and reduce the heat to low and simmer for about 10 minutes.

Melt the butter in a large pot over medium-high heat. Add the celery, carrots, onion, and potato and saute for about 5 minutes, stirring occasionally. Add the Cognac and sherry—Cook for an additional 5 minutes.

Stir in the tomato paste and add the clam juice, bay leaves, and thyme. Simmer for 20 minutes.

Remove the Bay Leaves and celery. Using an immersion blender, mix and blend until smooth. You can use a countertop blender, but do this in small batches.

You can now pass the bisque through a fine mesh sieve to create a smooth soup. Force the solids through the mesh and discard the remaining soup solids.

After the mix is smooth, add the heavy cream. Keep the bisque warm, but do not let it boil.

# Lowcountry Shrimp Bisque

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# Gourmet Fishing



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