

Seafood Bisque

Paul Zmich

Beyond The Village Gate 1985 - Parmadale Community - Parma, Ohio

Servings: 8

1/4 cup onion, chopped
1/4 cup carrots, finely chopped
2 tablespoons butter
1/2 to 1 cup shrimp, chopped and divided
1/2 cup water
rosemary (to taste)
salt (to taste)
black pepper (to taste)
dash cayenne pepper
1/3 cup cornstarch
4 cups milk, divided
1 teaspoon lemon juice
1/4 cup sherry (optional)
1/2 to 1 cup crabmeat
1/2 cup scallops (optional)
tarragon (to taste)
parsley

In a large stockpot, saute' the onions and carrots in butter until the onions are translucent. Add 1/2 cup of shrimp, water, rosemary, salt, pepper and cayenne. Simmer for 5 minutes.

In a bowl, blend the cornstarch with one cup of milk. Add slowly to the stockpot, stirring constantly. Add the remaining milk, lemon juice and sherry. Bring to a boil, stirring constantly. Reduce the heat. Add the remaining shrimp, crab, scallops and tarragon.

Cover the pot. Reduce the heat and simmer for 20 minutes to one hour, stirring occasionally. Add water as necessary (The bisque should be the consistency of thick gravy). Season to taste.

Serve in individual bowls topped with parsley.

Per Serving (excluding unknown items): 132 Calories; 7g Fat (48.1% calories from fat); 6g Protein; 11g Carbohydrate; trace Dietary Fiber; 32mg Cholesterol; 117mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Non-Fat Milk; 1 1/2 Fat.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	132	Vitamin B6 (mg):	.1mg
% Calories from Fat:	48.1%	Vitamin B12 (mcg):	1.2mcg
% Calories from Carbohydrates:	34.5%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	17.4%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	7g	Folacin (mcg):	12mcg

Saturated Fat (g): 4g
Monounsaturated Fat (g): 2g
Polyunsaturated Fat (g): trace
Cholesterol (mg): 32mg
Carbohydrate (g): 11g
Dietary Fiber (g): trace
Protein (g): 6g
Sodium (mg): 117mg
Potassium (mg): 236mg
Calcium (mg): 157mg
Iron (mg): trace
Zinc (mg): 1mg
Vitamin C (mg): 2mg
Vitamin A (i.u.): 1393IU
Vitamin A (r.e.): 186 1/2RE

Niacin (mg): trace
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refused: 0 0%

Food Exchanges

Grain (Starch): 1/2
Lean Meat: 0
Vegetable: 0
Fruit: 0
Non-Fat Milk: 1/2
Fat: 1 1/2
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 132 **Calories from Fat:** 63

% Daily Values*

Total Fat 7g	11%
Saturated Fat 4g	22%
Cholesterol 32mg	11%
Sodium 117mg	5%
Total Carbohydrates 11g	4%
Dietary Fiber trace	1%
Protein 6g	
Vitamin A	28%
Vitamin C	4%
Calcium	16%
Iron	1%

* Percent Daily Values are based on a 2000 calorie diet.