

Shrimp Bisque

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Servings: 4

Preparation Time: 15 minutes

Cook time: 1 hour 35 minutes

3 tablespoons extra-virgin olive oil

1 pound medium shell-on raw shrimp

salt

4 large sprigs thyme

1 onion , chopped

1/2 cup celery, chopped

cayenne

2 tablespoons tomato paste

1 cup white wine

2 tablespoons long-grain rice

1/2 cup heavy cream

In a large saucepan, heat two tablespoons of the extra-virgin olive oil over high heat. Add the shrimp, season with salt and cook, stirring, until pink and firm, 2 to 3 minutes. Transfer the shrimp to a medium bowl and let cool slightly. Peel the shrimp and transfer to a clean bowl. Return the shells to the pot. Add eight cups of water and three sprigs of thyme. Bring to a boil and cook over medium heat for 20 minutes. Strain the broth into a large glass measuring cup, pressing on the shells to extract any juices. Discard the shells.

Add the onion, celery and the remaining tablespoon of the olive oil to the pot.. Season with salt and a pinch of cayenne. Cook over medium heat, stirring occasionally, until the vegetables are softened, about 5 minutes.

Stir in the tomato paste and then the wine. Bring to a boil and cook until the liquid is almost evaporated.

Add the shrimp, broth and rice. Bring to a simmer and cook over low heat, skimming occasionally, until the rice is cooked, about one hour.

Remove six of the shrimp and slice in half lengthwise, reserve,

In a blender, puree' the soup with the remaining shrimp in batches. Return to the pot.

Add the heavy cream and bring to a simmer. Cook over medium heat for 5 minutes. Season with more salt and cayenne.

Ladle the bisque into bowls. Garnish with the reserved shrimp and the remaining thyme.

Per Serving (excluding unknown items): 274 Calories; 22g Fat (79.3% calories from fat); 2g Protein; 11g Carbohydrate; 2g Dietary Fiber; 41mg Cholesterol; 95mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Vegetable; 0 Non-Fat Milk; 4 1/2 Fat.