
Norwegian Salmon and Red Bell Pepper Cream Soup

Cafe Azure Restaurant - Pittsburg, PA

Pittsburgh Chefs Cook Book - 1989

1 pound fresh salmon fillet (all bones removed), diced

2 medium red bell peppers

1 medium onion, diced

2 cans (16 ounce ea) clam juice

1 teaspoon tarragon

1 bay leaf

16 ounces heavy cream

4 tablespoons butter

5 tablespoons flour

Place the salmon, red bell pepper, onion, clam juice, tarragon and bay leaf into a four-quart pot or saucepan. Bring to a boil. Reduce the heat to a simmer for 30 minutes.

Remove from the stove and strain. Reserve the broth. Remove the bay leaf and puree' the fish and vegetables in a blender until smooth (you may have to add one-half cup of broth to puree').

Return the stock, puree'd fish and vegetables to the pot. Bring to a simmer.

Melt the butter in a small saucepan. Stir in the flour until smooth.

Using a wire whip, vigorously stir the flour and butter mixture into the simmering soup. Let simmer for 15 minutes (the soup will thicken).

Add the cream and simmer for 15 more minutes. Salt and white pepper to taste.

Soups, Chili, Stew

Per Serving (excluding unknown items): 2224 Calories; 215g Fat (84.9% calories from fat); 18g Protein; 68g Carbohydrate; 8g Dietary Fiber; 746mg Cholesterol; 649mg Sodium. Exchanges: 2 Grain(Starch); 0 Lean Meat; 4 Vegetable; 1 1/2 Non-Fat Milk; 42 1/2 Fat.