Oyster and Guiness Soup

Chatham Bars Inn - Chatham, MA The Great Country Inns of America Cookbook (2nd ed) (1992)

Servings: 4

6 ounces oysters and theit juices 1 ounce bacon, diced 1 onion, diced 1 carrot. diced 2 stalks celery, diced 1 cup white wine 6 ounces Guiness Stout 1/2 cup fish stock juice of 1/2 lemon 2 cups heavy cream pinch fresh thyme, finely chopped pinch fresh parsley, finely chopped pinch freshly grated nutmeg pinch saffron 1 egg pinch salt pinch Cayenne pepper

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Cook the bacon until golden brown. Add the onions, carrots and celery. Cook until tender.

Add the white wine, Guiness, fish stock, lemon juice and the juice from the oysters. Bring to a boil and let simmer for approximately 20 minutes.

Add 1-1/2 cups of the heavy cream. Continue to cook for approximately 10 minutes more. Add the oysters, thyme, parsley and nutmeg along with the saffron. Let the soup simmer.

In a mixing bowl, whisk the eggs and the remaining heavy cream. Pour a small amount of the hot soup into the cream and egg mixture. Then pour it back into the soup, stirring constantly. Slowly bring the soup to a boil while constantly stirring, until it is thickened and has a nice shine.

Remove the soup from the heat. Season with salt and cayenne pepper. Serve immediately.

Per Serving (excluding unknown items): 544 Calories; 50g Fat (87.4% calories from fat); 7g Protein; 9g Carbohydrate; 1g Dietary Fiber; 224mg Cholesterol; 232mg Sodium. Exchanges: 1/2 Lean Meat; 1 Vegetable; 1/2 Non-Fat Milk; 9 1/2 Fat; 0 Other Carbohydrates.

Soups, Chili and Stews

Bar Canvina Nutritianal Analysia

% Calories from Fat: % Calories from Carbohydrates: % Calories from Protein: Total Fat (g): Saturated Fat (g): Monounsaturated Fat (g): Polyupsaturated Fat (g):	87.4% 7.2% 5.4% 50g 29g 15g	Vitamin B12 (mcg): Thiamin B1 (mg): Riboflavin B2 (mg): Folacin (mcg): Niacin (mg): Caffeine (mg): Alcohol (kcal):	.5mcg .1mg .2mg 25mcg 1mg 0mg 40
Polyunsaturated Fat (g): Cholesterol (mg): Carbohydrate (g): Dietary Fiber (g): Protein (g): Sodium (mg): Potassium (mg): Calcium (mg): Iron (mg):	2g 224mg 9g 1g 7g 232mg 363mg 112mg 1mg	Pofuso: Food Exchanges Grain (Starch): Lean Meat: Vegetable: Fruit: Non-Fat Milk: Fat:	0 0% 0 1/2 1 0 1/2 9 1/2
Zinc (mg): Vitamin C (mg): Vitamin A (i.u.): Vitamin A (r.e.):	1mg 9mg 6929IU 1030RE	Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 4

Calories544Calories from Fat: 473% Daily ValueTotal Fat50g769Saturated Fat29g1479Cholesterol224mg759Sodium232mg109
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Saturated Fat29g1479Cholesterol224mg759Sodium232mg109
Total Carbohydrates9g39Dietary Fiber1g69Protein7g69

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