



### **Chef Dee Lavigne's Shrimp Bisque**

Featured on August 5, 2021 "Lena Richard's *New Orleans Cook Book: A Groundbreaking Story of Innovation and Resilience*" demo with Chef Dee Lavigne

*Shrimp bisque is one of my favorite dishes. It reminds me of how important the local seafood industry is here in Louisiana. Because of its ample supply in the Gulf, shrimp embodies some of the best dishes in Creole cuisine. My thoughtful adaptation of Chef Richard's recipe allows her classic flavors to meet our modern technology.*

– Dee Lavigne



### **Shrimp Bisque**

Recipe by Dee Lavigne

Yield: 6 servings

### **Ingredients**

- 3 pounds large shrimp
- ½ cups vegetable oil
- ¾ cup all-purpose flour
- 3 tbsp medium chopped onion
- 1 cup fresh chopped tomatoes (skinned and seeded)
- 1 tbsp chopped green bell pepper
- ½ tsp minced garlic

1 full spring thyme  
1 large bay leaf  
3 tbsp chopped parsley (save 1 tbsp for garnish)  
¼ tsp cayenne pepper  
¼ tsp white pepper  
4 tbsp unsalted butter  
6 tbsp dried breadcrumbs (additional 3 tbsp for topping)  
1 large egg  
2 tsp onion juice  
Salt and black pepper to taste

## Directions

Wash the fresh raw shrimp thoroughly. Remove the heads of the shrimp, peel and devein saving the peels for later. Scoop out the heads saving the scrapings to cook. Put the hollow shrimp heads in enough cold water just to cover them from drying out. Put the shrimp peels and scrapings from heads and two quarts of cold water in a small sauce pot to cook. Allow the liquid to come to a boil. Remove the pot from the heat and strain, saving the shrimp stock.

Prepare the roux: heat vegetable oil in a large pot over medium heat until hot. Test the temperature by sprinkling a little flour into the oil. If the flour sizzles, the oil is ready. Once oil is hot, add remaining flour, stirring constantly for about 3-4 minutes on medium heat until the flour browns and the roux begins to smell nutty. Then add onions and cook until caramelized. Add tomatoes, let cook for about 5 minutes and then add in the stock 1 cup at a time, all the seasonings (bell pepper, garlic, thyme, bay leaf, parsley, cayenne pepper, white pepper), and half the amount of shrimp cut in small pieces. Reduce heat to medium-low. Let bisque simmer for about one hour.

Meanwhile, fine dice the remainder of shrimp. Heat butter in a large pan over medium heat. Add diced shrimp, breadcrumbs, beaten egg, and onion juice to melted butter and sauté for 5 minutes, stirring occasionally. Season with salt and pepper to taste. Add ¾ of the warm mixture to a food processor or blender until it is a fine paste. Leave the remainder of the stuffing in the pan to dry out and use as garnish to finish the bisque. Fill a pastry bag with the fine texture filling and stuff the shrimp heads. Place them on a parchment lined baking sheet side by side, sprinkle the tops with additional breadcrumbs. Put the heads in the oven when the bisque is 90% done. Bake the heads in a 400-degree oven until brown.

To complete the dish ladle bisque into soup bowls, sprinkle with crumble filling, 4 shrimp heads and chopped parsley.



For more recipes from **Cooking Up History**, visit: [www.s.si.edu/CookHistory](http://www.s.si.edu/CookHistory).

