

Zucchini Bread Recipes

Seafood Bisque

A silky, rich bisque with shrimp, crab, and a hint of cream that feels like a warm hug on a cold night.

20 min Prep time	**30 min** Cook time	**50 min** Total time
4 Servings	**Medium** Difficulty	**French** Cuisine

Ingredients

Main Ingredients

- [ ] 1 lb mixed shrimp (peeled and deveined)
- [ ] 1/2 lb lump crab meat
- [ ] 4 cups seafood stock
- [ ] 1 cup heavy cream
- [ ] 1 medium onion, finely diced
- [ ] 2 cloves garlic, minced
- [ ] 1/2 cup fennel bulb, thinly sliced
- [ ] 2 tbsp tomato paste
- [ ] 2 tbsp unsalted butter
- [ ] 1 tsp fresh tarragon, chopped
- [ ] Salt and white pepper to taste
- [ ] Fresh parsley for garnish

Instructions

1. In a large pot, melt butter over medium heat, then add onion, garlic, and fennel. Cook, stirring gently, until softened but not browned, about 5 minutes.



2. Stir in tomato paste and let it cook for another 2 minutes, allowing the natural sweetness to deepen.



3. Pour in the seafood stock, bring to a gentle simmer, and let the flavors meld for 10 minutes. If you're curious about a different take, see our crab taquitos for inspiration.



4. Add the shrimp and crab meat, cooking just 3-4 minutes until the shrimp turn pink and the crab is heated through.



5 Lower the heat, whisk in heavy cream, and season with salt, white pepper, and tarragon. Let the bisque warm for another 2 minutes, never boiling.



6 Ladle into warm bowls, garnish with fresh parsley, and serve immediately. For a bright finish, pair with our cucumber shrimp salad.



Nutrition per serving

420 kcal	30 g	12 g	22 g
Calories	Protein	Carbs	Fat

Tips & notes

- Do not over-cook shrimp; they become rubbery.
- If the bisque is too thick, thin with a splash of extra stock.
- A drizzle of truffle oil adds an elegant aroma for special occasions.