

Treasure Barrel

Seafood Bisque

Silky bisque brimming with shrimp, crab, and delicate herbs, finished with a touch of cream.

20 min Prep time	**35 min** Cook time	**55 min** Total time
4 Servings	**Medium** Difficulty	**French** Cuisine

Ingredients

Seafood Mix

- [ ] 8 oz shrimp, peeled and deveined
- [ ] 8 oz crab meat, picked over for shells
- [ ] 8 oz firm white fish (cod or halibut), cubed

Base

- [ ] 2 tbsp olive oil
- [ ] 1 small onion, finely diced
- [ ] 2 celery stalks, minced
- [ ] 1/2 fennel bulb, thinly sliced
- [ ] 2 garlic cloves, minced
- [ ] 1 cup tomato purée
- [ ] 3 cups low-sodium fish stock or chicken broth
- [ ] 1/2 cup dry white wine substitute (broth + lemon juice)
- [ ] 1 cup heavy cream
- [ ] 2 tsp fresh tarragon, chopped
- [ ] 1 tsp fresh thyme leaves
- [ ] Salt and freshly cracked black pepper to taste
- [ ] Juice of 1/2 lemon

Instructions

1. In a large pot, heat olive oil over medium heat. Add onion, celery, fennel, and garlic; sauté until soft and fragrant, about 5 minutes.
2. Stir in tomato purée and cook for 2 minutes, then deglaze with the broth-and-lemon-juice mixture, scraping up any browned bits.
3. Add the fish stock and bring to a gentle simmer. Let it reduce slightly, about 10 minutes, allowing flavors to meld.
4. Add shrimp, crab, and fish cubes. Cook just until the seafood turns opaque, roughly 4–5 minutes. Then lower heat and stir in the heavy cream.
5. Finish with tarragon, thyme, lemon juice, and season with salt and pepper. Ladle into warm bowls, garnish with a drizzle of cream and a sprinkle of parsley.

Nutrition per serving

320 kcal	28 g	12 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- For an extra silky texture, blend half of the soup with an immersion blender before adding the seafood.
- Taste and adjust seasoning at the end; the broth can benefit from a splash more lemon for brightness.
- If you prefer a richer bisque, add an extra ¼ cup of cream just before serving.