

View from the Fridge – Recipes from Brian Donkin

Recipe # 5 – Crayfish Bisque

Fish Stock Ingredients

3 sole bones
a bunch of parsley
1 lemon
1 ltr of cold water

Method for stock

Put all ingredients in pot, bring to the boil and then skim. Simmer for 20 mins then strain through a fine sieve.

Bisque Ingredients

4 large live crayfish
1 small onion, diced
1 small carrot, diced
2 stalks of celery, diced
2 bay leaves
1 teaspoon of thyme
100gm butter
100gm plain flour
1 tablespoon of tomato puree
1 glass of white wine
a pinch of cayenne pepper
teaspoon of salt
tablespoon of brandy
a wine glass of cream

All recipe seafood supplied by:

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Method for bisque

1. Detach tail from upper body of crayfish by quick twist. With tails, press outer shell inwards and then open outwards and the flesh will come out of the shell. Put the de-shelled tails to one side.
2. Put in pot onion, carrot, celery, thyme, bay leaves, and crayfish heads and all shells and fry in the butter until soft over a medium heat. Dredge with flour and then add fish stock, tomato puree, white wine, salt, cayenne pepper and 1/2 the cream. Bring to the boil and simmer for 20 minutes. Pass through fine sieve.
3. Fry de-shelled tails in butter for about 2 minutes.
4. Ladle soup into bowls, hang crayfish tail over side of bowl. Drizzle remaining cream over soup and splash brandy on top.

Lovely!!

Serves four

