



# RECIPE FILE

 Quick and easy

 Low calorie

 Low fat

## Shrimp and Corn Bisque

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- 2 teaspoons dry mustard
- 1½ teaspoons salt
- 1½ teaspoons sweet paprika
- 1½ teaspoons garlic powder
- 1¼ teaspoons onion powder
- ½ teaspoon white pepper
- ½ teaspoon dried thyme leaves
- ½ teaspoon dried basil leaves
- ¼ teaspoon black pepper
- ¼ teaspoon cayenne
- ¼ teaspoon dried oregano leaves
- 2 cups evaporated skim milk
- 6 tablespoons nonfat dry milk
- ¼ cup nonfat mayonnaise
- ¼ cup nonfat cream cheese
- 2½ cups chopped onions (divided use)
- 4 cups fresh-cut corn (about 6 to 8 ears) (divided use)
- 2 cups apple juice
- 1 cup chopped celery
- 1 teaspoon minced fresh garlic
- 1½ cups shrimp or fish stock (divided use)
- 1½ pounds medium peeled shrimp
- 2 tablespoons minced fresh parsley

To make the seasoning mixture, put mustard, salt, paprika, garlic powder, onion powder, white pepper, thyme, basil, black pepper, cayenne and oregano in a small bowl. Set aside. To make the creamy mixture, place the evaporated skim milk, nonfat dry milk, mayonnaise and cream cheese in a blender. Mix until smooth and creamy. Set aside.

Puree 1 cup of the onions, 2 cups of the corn, ½ cup of the apple juice, and 1 tablespoon of the seasoning mix in a blender or food processor. Preheat a heavy 5-quart pot, preferably nonstick, over high heat for about 4 minutes. Stir the pureed ingredients into the pot, and add 1 tablespoon of the seasoning mix. Cook, scraping occasionally, for about 12 minutes, until a brown crust forms on the bottom and the volume is reduced.

Add the celery, garlic, ½ cup of the apple juice, ½ cup of the stock, and the remaining onions, corn and seasoning mix. Stir. Add the remaining apple juice, scrape the bottom of the pot and cook for 15 minutes, stirring occasionally. Add the shrimp and cook 3 minutes. Stir in the creamy mixture and the remaining stock. Mix well and bring just to a gentle boil. Remove from heat, stir in parsley and serve immediately. Makes 6 servings.

Per serving: Calories 365 Fat 2 g Cholesterol 185 mg Sodium 1,120 mg Percent calories from fat 5%

— Adapted from "Chef Paul Prudhomme's Fork in the Road"