

Crawfish Bisque

RECIPE COURTESY OF CHEF JOHN REASON

INGREDIENTS

- 3 lb Louisiana crawfish tailmeat, with liquid reserved aside
- 50 **Stuffed Crawfish Heads (Refer to other recipe.)**
- 1 c flour
- $\frac{3}{4}$ c vegetable oil
- 5 c onion, diced
- 2 $\frac{1}{2}$ cup bell pepper, chopped
- 2 $\frac{1}{2}$ cup celery
- 3 tsp tomato paste
- 3 qt crawfish stock
- 2 Tbsp garlic, minced
- 1 $\frac{1}{2}$ tsp cayenne pepper
- 1 tsp salt
- 1 Tbsp Cajun seasoning
- 30 cups cooked rice
- $\frac{3}{4}$ c green onion, chopped
- $\frac{1}{2}$ c parsley, chopped

DIRECTIONS

1. Make a dark roux until desired color.
2. Add onion, celery, bell pepper into roux. Cook until transparent, stirring constantly to avoid burning on low temperature.
3. Add crawfish liquid, and tomato paste. Cook for another 5 minutes.
4. Add crawfish stock, garlic and cook for 5 minutes.
5. Add seasonings, salt and cayenne to taste, and Cajun seasoning.
6. When desired color and flavor is reached add tail meat and stuffed crawfish heads. Simmer on low for 20 minutes.
7. Ladle 2 cups of Crawfish Bisque over 1 cup of cooked rice. Garnish with parsley and green onion and serve.



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HEALTHY SWAPS

- **Lower Fat:** Recipe is considered lower in fat, however you can reduce fat even more by substituting Skinny Roux for the flour and oil. To make skinny roux, bake 1 ½ cup flour at 400 degrees for 60-90 minutes, until desired color is reached. Transfer to a pot with 1 cup of cold water, and simmer on medium-low until desired thickness is reached. 347 calories. 3g fat (1g saturated fat, 111mg cholesterol.) 424mg sodium. 57g carbohydrates (2g fiber, 3g sugar.) 21g protein.
- **Lower Carbohydrate:** Use cauliflower rice. Prepare keto roux, by substituting ½ c whey protein isolate for flour, simmer with oil on low for 20 minutes until bubbly and golden brown. 206 calories. 9g fat, (1g saturated fat, 111mg cholesterol. 462mg cholesterol. 14g carbohydrates (3g fiber, 4g sugar.) 20g protein.
- **Lower sodium:** Omit added salt to reduce sodium to 345mg.
- **Dairy-free:** This recipe is dairy-free as is. However, note that the Stuffed Crawfish Heads contain dairy, refer to that recipe to follow the healthy swaps to prepare dairy-free for this dish.
- **Gluten-free:** Prepare gluten-free roux, by substituting ½ c whey protein isolate for flour, simmer with oil on low for 20 minutes until bubbly and golden brown. 386 calories. 9g fat (1g saturated fat, 111mg cholesterol.) 434mg sodium. 54g carbohydrates (2g fiber, 3g sugar.) 22g protein.

| Nutrition Facts | Amount/serving | | % Daily Value* | | Amount/serving | % Daily Value* | |
|--|-------------------------------|---------------------|----------------|--------------|--------------------------|----------------|------------------|
| | 30 servings per container | Total Fat 9g | | 12% | | | Dietary Fiber 2g |
| Serving size 3 Cups | Saturated Fat 1g | | 5% | | Total Sugars 3g | | |
| Calories per serving 390 | Trans Fat 0g | | | | Includes 0g Added Sugars | | 0% |
| | Cholesterol 110mg | | 37% | | Sugar Alcohol 0g | | |
| | Sodium 420mg | | 18% | | Protein 21g | | 42% |
| | Total Carbohydrate 56g | | 20% | | | | |
| | Vitamin D 0mcg | 0% | | Calcium 46mg | 4% | | |
| | Potassium 343mg | 8% | | | Iron 3mg | | 15% |

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.