



MAINE SHRIMP BISQUE WITH GRILLED CHEESE SANDWICH

Tom Swieczkowski - Student, Jessica Barney - Student
Mark Janicki, CHE, CCE, CPC - Chef Instructor, Diane Lynott - Assistant
Eastern Maine Community College
Bangor, Maine

Maine Shrimp Bisque Ingredients:

Cooked Maine Shrimp	2 lbs.	Shrimp water	2 cups
Heavy Cream	2 cups	Water	1 cup
Cream Cheese	8 oz.	Sherry	1/2 cup
Celery, diced	4 oz.	Flour	2 Tbsp.
Onions, diced	4 oz.	Butter	2 Tbsp.
Carrots, diced	8 oz.	Worcestershire Sauce	1 Tbsp.

Directions:

Steam shrimp in vinegar/water/Old Bay mixture after mixture comes to a boil. This should only take 2-3 minutes. Remove shrimp and allow to cool slightly. Peel shrimp from shells. Keep shells to make shrimp water. Set shrimp aside. Place shells in 2 cups of boiling water and allow flavors to steep from the shells for 30 minutes.

Place celery, onions, carrots and Worcestershire sauce in a large stockpot and add two cups of the shrimp water and one cup of water. Bring mixture to a boil, and allow to simmer for at least 15 minutes. Slice cream cheese into several pieces. Add to vegetable-shrimp water mixture. Continue to simmer and stir so cheese melts. Add the shrimp.

Mix a roux with flour and butter. Temper mixture after 5 minutes and add to the stockpot. Add the two cups of heavy cream, being careful not to let mixture boil. Simmer for 30 minutes.

Process mixture into a puree using either a food processor or blender. Return to the stockpot and continue to simmer for at least another 30 minutes. In these last 30 minutes, add between 1/4 and 1/2 cup sherry. Serve immediately. Serves 8.

Grilled Cheese Sandwich Ingredients:

Potato Bread	2 slices
Butter	2 Tbsp.
Monterey Jack Cheese	2 oz.
Portobello Mushrooms	4 oz.
Madison Tomatoes	2

Directions:

Slice portobello mushroom caps into lengthwise sandwich fitting slices. Slice tomatoes into appropriate slices for sandwiches, about 1/4 inch thick. Set tomatoes aside.

Saute mushrooms on medium high heat in 1 Tbsp. of butter until just browned. Butter one side of each slice of bread. Add cheese, tomato and mushrooms to sandwich. Butter outside parts of the sandwich and place in a heated sauté pan. Brown one side for 1-2 minutes or until the cheese starts to melt. Flip and brown on the other side. Serve immediately.

As a flavor alternative, add cilantro to butter and use this on the inside of the sandwich.

These recipes provide at least 20% of the daily value for calcium and may be modified for fat using lowfat or nonfat dairy products.