Prawn Bisque

Roast the heads and shells for the stock, then save the peeled prawn meat for the last few minutes in the pot.



SERVES 4 AS A STARTER / ROASTING TIN, POT AND FINE SIEVE

Prep 20 min · Cook 45–55 min

Ingredients

500 g whole raw prawns, heads on

50 g each carrot and onion, finely diced

10 ml neutral oil and 15 ml tomato paste

1 small bay leaf, 1 sprig thyme and 2 parsley stalks

100 ml dry white wine and 1 litre salt-reduced fish stock

15 g rice flour and 30 ml cold water

50 ml pouring cream and 20 ml brandy (optional)

Salt and black pepper, to taste

At the stove

1. Roast

Peel the prawns and chill the meat. Roast the heads and shells with the carrot and onion.

2. Simmer

Crush the roasted shells, add the tomato paste, herbs, wine and stock, then simmer and strain.

3. Finish

Thicken with rice flour, add the cream and optional brandy, then gently poach the sliced prawn meat in the bisque.

KOOK'S SECRET

Crack the roasted heads with the back of a wooden spoon before the stock goes in. That releases the juices which make the bisque taste of prawns.

Prawn Bisque

The full method

01 **Roast the shells**

Heat the oven to 200°C conventional (180°C fan). Peel and devein the prawns. Cut the meat into bite-sized pieces, cover and refrigerate. Toss the heads, shells, carrot and onion with the oil in a roasting tin. Roast for 15–20 minutes until the shells colour and the vegetables begin to brown.

02 **Make the broth**

Press the shells with a wooden spoon to crack them. Scrape everything into a pot. Add tomato paste, bay, thyme, parsley and wine. Simmer for 2 minutes, add the stock and simmer gently for 20 minutes.

03 **Strain and thicken**

Pour through a fine sieve into a clean saucepan, pressing lightly with a spoon. Discard the shells and vegetables. Mix the rice flour with the cold water. Whisk it into the simmering broth and cook gently for 5 minutes, stirring.

04 **Poach the prawns**

Stir in the cream and brandy, if using. Return to a gentle simmer. Add the chilled prawn pieces and cook for about 2–3 minutes until opaque throughout. Taste for salt and pepper. Divide the pieces between four bowls and ladle the bisque over them.

FROM MARK'S KITCHEN

Give the rice flour and water a fresh stir just before pouring. The flour settles quickly and can stick in the bottom of the cup.