Arran Langoustine Bisque

Ingredients (Serves 4)

1 onion, sliced
2 sticks celery
6 carrots, sliced
2 large potatoes, sliced
250g langoustine/squat/lobster shells
1.5 tbsp tomato purée
1/2 tsp cayenne pepper
1 tsp paprika
150ml white wine
200ml cream
1 garlic clove, minced

Method

1. Fry onion, garlic, celery & 2 sliced (unpeeled) carrots until onions have softened.

2. Add cayenne pepper & paprika.

3. Cook out for 1 minute then add in white wine.

4. Reduce by half then add tomato purée and cook for 1 minute.

5. Stir in shells and then crush down with a rolling pin or wooden spoon to release the flavour. Cover with water and bring to the boil.

6. Once boiled, turn down heat and simmer for half an hour. Then pass through a fine sieve.

7. Peel & slice remaining carrots and potatoes and add to the sieved stock. Place back on heat until veg is softened.

8. Add cream and juice of lemon. Blend until smooth and season to finish.

MARA
FISH BAR & DELI

@mara_fish_arran
@MarafishArran

Mara Fish Bar & Deli
Corrie, Shore Road,
Isle of Arran
KA27 8JB