



# Gnarly Fish Bisque

Brian Brett, Springsong's 2010 Guest Author, started cooking at an early age. "For the first fifty years of my life, my belly was scarred with circular rings from falling on an electric stove burner when I was a baby. (My *Joy of Cooking* has the same scars.) The master chef in my family was my grandmother who would get annoyed (as I do) if asked for measures. It was always... well, you know, a cup or two of flour, a big pinch of baking soda, a little pinch of salt. Then she'd elbow me out of the way and have at it. I think it was my weird taste buds that somehow wildly compensated for my lack of smell and made me such a fanatical cook."

## BROTH

Shells from a lobster or crab

Your usual herbs and spices for a broth

## BISQUE

A big onion and a bundle of green onions

As much garlic as your friends can stand

½ CUP clumsily chopped parsley

A handful of chopped arugula leaves

A couple of tomatoes

1 red pepper chopped

1 TSP salt and ½ tsp pepper

1 PACKAGE seafood medley

1 CUP whipping cream

1 CUP milk

1 CAN ready-to-serve mushroom soup

## METHOD

Cook the lobster shells with water and the usual bay leaf and herbs and spices for 20 minutes or so. I'm a bit wild when it comes to herbs and tend to use a lot and also Za'atar, my favourite middle eastern herb-garni. When the broth is tasty, strain out the shells and chunky herbs.

Add the veggies and cook it up, about another half hour. Then add the seafood medley and when the soup is ready, turn down the heat and add the milk, cream, and the soup, bringing the bisque gently up to temperature.

I eat it with a little good bread and butter and my personal bitter salad (endives, radicchio, scallions, green onions, etc.), before rolling off to the chesterfield in bliss, knowing there is more for tomorrow.

**SERVES 4-6**

