

creamy shrimp soup

Ingredients

1 cup finely chopped onion
1/2 cup finely chopped carrot
1/4 cup finely chopped celery
1/4 cup finely chopped leeks, whites only, well rinsed
1/2 cup olive oil
2 tablespoons Essence, recipe follows
2 bay leaves
1 tablespoon fresh thyme
4 teaspoons minced garlic
1/2 cup all-purpose flour
1 quart reduced shrimp stock, or fish stock, at room temperature
1 1/2 cups heavy cream
2 teaspoons salt
1/2 teaspoon cayenne pepper
1 pound shrimp
1/4 cup chopped green onions
1/4 cup chopped fresh parsley

Directions

In a large pot, heat the oil over medium heat. Add the chopped vegetables and cook, stirring, until softened but not colored, 6 to 8 minutes. Add the Essence, bay leaves and thyme, and stir. Add the garlic and cook, stirring, for 30 seconds. Sprinkle in the flour and stir to coat evenly. Cook, stirring with a heavy wooden spoon, until thick and a light roux forms, 6 to 8 minutes. Add the stock, stirring until well blended. Bring to a boil. Reduce the heat and simmer uncovered, stirring occasionally, for 30 minutes. Add the heavy cream, salt, cayenne pepper and shrimp and simmer for 5 minutes. Remove the soup from the heat and adjust the seasoning, to taste. To serve, ladle the soup in deep rimmed bowls. Garnish each serving with green onions, and chopped parsley. Serve hot.

Essence (Emeril's Creole Seasoning):

2 1/2 tablespoons paprika
2 tablespoons salt
2 tablespoons garlic powder
1 tablespoon black pepper
1 tablespoon onion powder
1 tablespoon cayenne pepper
1 tablespoon dried leaf oregano
1 tablespoon dried thyme

Combine all ingredients thoroughly and store in an airtight jar or container.

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From Eric Esterbrook**