



CRAWFISH AND MIRLITON BISQUE

Prep Time: 1½ Hours

Yields: 12 Servings

Comment:

Mirliton, or chayote squash, was a gift from the Canary Islanders to the Creoles back in 1765. It is hard to imagine any bayou garden being complete without a mirliton vine growing over an arbor. It is truly one of Louisiana's most versatile vegetables.

Ingredients:

6 mirlitons
1 pound crawfish tails
½ pound tasso, julienned
1 cup butter
1 cup diced onions
1 cup diced celery
½ cup diced red bell peppers
¼ cup minced garlic
½ tsp nutmeg
1 tbsp fresh tarragon
1 cup flour
2½ quarts shellfish stock or water
1 pint heavy whipping cream
1 cup sliced green onions
1 cup chopped parsley
salt and white pepper to taste

Method:

Split mirlitons lengthwise and poach in lightly salted water 45 minutes or until tender. Mirlitons will be perfectly cooked when a fork can be inserted easily. Remove and cool. Once cool, scoop meat from mirlitons using a teaspoon, discarding seed and shell. Drain and set aside. In a 2-gallon stockpot, melt butter over medium-high heat. Add onions, celery, bell peppers, garlic and tasso. Sauté 3–5 minutes or until vegetables are wilted. Whisk in nutmeg, tarragon and flour until a white roux is achieved. Do not brown. Add crawfish and shellfish stock, 1 ladle at a time, stirring constantly. Add mirlitons, blending well into mixture. Bring to a low boil, reduce to simmer and cook 30 minutes. Add heavy whipping cream, green onions and parsley. Cook 5 additional minutes. Season with salt and white pepper.