



MIRLITON SOUP

Prep Time: 1½ Hours

Yields: 6 Servings

Comment:

Mirlitons, commonly called chayote squash, are useful because they pick up the flavor of other ingredients in a dish. In this soup, the mirlitons not only absorb and enhance the taste of the shrimp, but also smooth out the texture of the finished product.

Ingredients:

12 mirlitons
2 pounds (70–90 count) shrimp, peeled, deveined and divided
½ cup butter
2 cups diced onions
1 cup diced celery
½ cup sliced green onions
¼ cup minced garlic
¾ cup flour
3 quarts chicken stock
1 cup sliced mushrooms
1 cup half-and-half
½ cup chopped parsley
salt and black pepper to taste
Louisiana hot sauce to taste

Method:

Cut mirlitons in half lengthwise. Boil in lightly salted water until tender but not overcooked. Remove from heat and cool under tap water. Peel, remove seeds and dice into ¼-inch cubes. Reserve approximately 1 cup of cubes for garnish. Mash or purée remaining mirliton and set aside. In a cast iron Dutch oven, melt butter over medium-high heat. Add onions, celery, green onions and minced garlic. Sauté 3–5 minutes or until vegetables are wilted. Stir in mashed mirliton and half of shrimp. Continue to sauté 5–10 minutes or until mirliton is well blended and shrimp are pink and curled. Sprinkle in flour and mix well. Add chicken stock, one ladle at a time, stirring constantly until it reaches a soup consistency. Bring to a low boil, reduce to simmer and cook 20–30 minutes, stirring often. Add remaining shrimp and mushrooms, then blend in half-and-half and parsley. Cook an additional 5 minutes or until shrimp are done. Season to taste using salt, pepper and hot sauce. When serving, garnish each bowl with a tablespoon of reserved diced mirlitons.