



## COCONUT SHRIMP AND PLANTAIN BISQUE

CHEF CHARLIE HEARN JR, FORWOOD MANOR

### INGREDIENTS

2 tsp. Olive Oil  
1 cup diced Onion  
1/2 cup diced Carrot  
1/4 cup diced Celery  
6 cloves minced Garlic  
2 tsp. Curry Powder  
2 pounds Yellow Plantains, peeled and chopped  
1/2 gallon Seafood Stock from base  
4 pounds of Shrimp, peeled and deveined  
1 cup Coconut Milk  
4 oz. Sherry Wine  
Salt and Pepper to taste

### DIRECTIONS

Sauté celery, onion, carrot and garlic in olive oil over medium heat until tender.  
Add shrimp and cook until done or until they start to turn pink in color.  
Deglaze with Sherry wine, and add coconut milk and seafood Stock.  
Add curry and plantains, simmer over low heat, add salt and pepper to taste.