

Seafood Bisque

2 cups Oregon white fish cut into bite-size pieces

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2 cups mixture of white fish and Oregon pink shrimp

1 cup diced potatoes or frozen hash browns (optional)

1/4 cup finely chopped onion

1/4 cup finely chopped celery

2 T. vegetable oil

3 T. flour

1 tsp. instant chicken flavor stock

1/4 tsp. Paprika

dash white pepper

4 cups skim milk

Parsley

Bacon bits

Croutons

Sauté onion and celery in oil. Stir in flour, instant chicken flavor stock, paprika and white pepper. Add milk gradually. Fold in seafood and potatoes and heat through, about 10 minutes, until potatoes are tender. Serve immediately. Garnish with bacon bits, parsley and croutons. Makes 6 servings.

MICROWAVE: Place vegetable oil, chopped onion and celery in 2-quart glass bowl. Microwave at full power for about 30 seconds. Stir in flour, instant chicken flavor stock, paprika, pepper and half of the milk. Heat for 5 minutes, stirring once a minute. The mixture should be hot, bubbly and slightly thickened. Add fish and potatoes, cook for 5 minutes, stirring once. Add remaining milk and heat 2-4 minutes until heated through and fish flakes easily when tested with fork. Let stand for 5 minutes. Garnish and serve.