Calories 272 cal 14%

Cholesterol 147mg 49%

Fiber 0.3g 1%

Sodium 461mg 18%

Carbohydrates 8.3g 3%

Fat 20g 31%

Protein 15g 30%

6 tablespoons butter

1 onion, chopped

1/4 cup all-purpose flour

2 cups chicken broth

3 cups half-and-half cream

1 teaspoon salt

1 1/2 pounds peeled crawfish tails

1 teaspoon Worcestershire sauce

1 pinch cayenne pepper, or to taste

Bisque is strictly a seasonal affair as crawfish are only available in the springtime months. In our grandmothers’ time it was a two-day process that began with a sack of live, wriggling mudbugs whose transformation started with the purging ritual of a saltwater soak. Then, the live crawfish were boiled and peeled, but the hardest job was yet to come, as each head had to be washed thoroughly and set aside for stuffing.