



Blushing She Crab Soup with a Twist

 Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



363 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 small banana peppers sweet seeded quartered
- 1 teaspoon natural brown sugar
- 0.7 cup chicken broth
- 0.5 teaspoon crab base
- 0.1 teaspoon crab boil seasoning (recommended: Old Bay)
- 0.7 cup cream sherry sweet ()
- 1 eggs
- 2 teaspoons lump fish caviar red rinsed

- 1 cup cilantro leaves fresh chopped
- 1 clove garlic finely chopped
- 1.3 pounds extra-sweet grape tomatoes divided
- 1.5 teaspoons coarsely ground pepper black divided
- 0.7 cup heavy whipping cream
- 0.3 juice of lemon juiced
- 1 cup lump crab meat fresh blue boiled steamed (or)
- 0.5 cup olive oil
- 0.5 cup parmesan grated
- 1 cup onion red chopped
- 0.8 teaspoon pepper flakes red crushed
- 1 teaspoon sea salt
- 6 tablespoons cream butter salted sweet
- 12 ounces vegetable juice (recommended: V-8)

Equipment

- bowl
- frying pan
- oven
- mixing bowl
- pot
- blender
- baking pan

Directions

- Preheat oven to 440 degrees F.
- Halve 18 of the grape tomatoes. In a baking dish pour in 1/4 cup olive oil. To that add banana peppers, and 1/2 of the tomatoes.
- Mix to coat all with oil.

- Sprinkle with 1/4 teaspoon sea salt and 1/4 teaspoon pepper.
- Bake uncovered (ideally in convection oven) until they start to brown (about 15 minutes).
- In a pot heat 1/4 cup olive oil and add 1/3 cup finely chopped red onion, 1/4 teaspoon sea salt, natural brown sugar, 1/4 teaspoon crushed red pepper, 1/4 teaspoon coarse ground black pepper. Stir over high heat.
- Add the remaining whole tomatoes and continue to mix until the tomato skins start to peel (about 4 minutes).
- Pour entire contents of this pot into a blender. To this add cilantro, the roasted tomato mixture and chicken broth. Blend until fairly smooth (about 15 to 20 seconds).
- Pour entire contents into pot, add 6 ounces of vegetable juice, bring almost to a boil and reduce to a simmer.
- In a medium mixing bowl beat egg until it produces a light foam and beat in the lemon juice. To this add the remaining 6 ounces vegetable juice and beat again. Slowly mix in 1 cup of the hot soup. Take soup off the heat and slowly mix this mixture into the soup.
- Add 2 tablespoons heavy cream and stir over medium heat until it starts to bubble.
- Remove from heat.
- In a skillet add 6 tablespoons butter, melt butter over medium heat, add 2/3 cup of finely chopped red onion and garlic.
- Saute for about a minute and then add 1/2 teaspoon crushed red pepper and 1/2 teaspoon coarsely ground black pepper. Continue sauteing until the onions are soft and translucent. Then add crab boil seasoning and cream sherry. Turn heat up until mixture comes to a bubble then lower to medium heat and stir until it starts thickening to almost a light syrup consistency. Once it has thickened add crab base and make sure it is incorporated well. Then add 2/3 cup heavy whipping cream stir over medium to high heat until it starts to bubble. Then add 1 cup of crabmeat and mix well, once it comes to a bubble again remove from heat.
- Add 1/2 cup of the tomato soup to bowl, to this add 2/3 cup of the crab soup, 1 tablespoon freshly grated Parmesan. And 1/4 teaspoon of the red lump fish caviar and mix well. Float a tablespoon of the crab soup in center
- Grate some more Parmesan on top.
- Add freshly ground black pepper, to taste, and serve
- I like to garnish with blue crab claws sauteed in butter and cream sherry and or some caviar. When in season I like to use fresh crab roe.

Nutrition Facts

PROTEIN 14.17% FAT 71.63% CARBS 14.2%

Properties

Glycemic Index:49, Glycemic Load:2.62, Inflammation Score:-9, Nutrition Score:17.18478265016%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg Naringenin: 0.76mg, Naringenin: 0.76mg, Naringenin: 0.76mg, Naringenin: 0.76mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 7.4mg, Quercetin: 7.4mg, Quercetin: 7.4mg, Quercetin: 7.4mg

Nutrients (% of daily need)

Calories: 362.95kcal (18.15%), Fat: 27.94g (42.99%), Saturated Fat: 15.47g (96.68%), Carbohydrates: 12.45g (4.15%), Net Carbohydrates: 9.73g (3.54%), Sugar: 7.67g (8.52%), Cholesterol: 106.21mg (35.4%), Sodium: 1076.33mg (46.8%), Alcohol: 2.75g (100%), Alcohol %: 0.99% (100%), Protein: 12.44g (24.88%), Vitamin C: 44.31mg (53.71%), Vitamin A: 2400.38IU (48.01%), Vitamin B12: 2.82µg (46.99%), Selenium: 16.57µg (23.67%), Vitamin K: 22.6µg (21.52%), Phosphorus: 199.62mg (19.96%), Copper: 0.37mg (18.67%), Calcium: 173.51mg (17.35%), Zinc: 2.42mg (16.12%), Potassium: 563.3mg (16.09%), Manganese: 0.3mg (15.15%), Vitamin E: 1.96mg (13.07%), Vitamin B6: 0.25mg (12.67%), Vitamin B2: 0.19mg (11.05%), Fiber: 2.72g (10.89%), Folate: 43.24µg (10.81%), Magnesium: 41.19mg (10.3%), Iron: 1.22mg (6.76%), Vitamin B3: 1.31mg (6.57%), Vitamin B1: 0.09mg (6.16%), Vitamin B5: 0.53mg (5.31%), Vitamin D: 0.66µg (4.42%)