



Cornish crab bisque with lemony croutons

READY IN



65 min.

SERVINGS



4

CALORIES



528 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tbsp canola oil plus a little to serve
- ☐ 1 onion chopped
- ☐ 1 fennel bulb chopped
- ☐ 1 carrots chopped
- ☐ 2 bay leaves
- ☐ 1 garlic clove crushed
- ☐ 1 tbsp tomato purée
- ☐ 200 g crab meat whole white (half brown meat, half meat)
- ☐ 1 pinch saffron threads

- ☐ 3 tbsp brandy
- ☐ 1 l fish fillet whole (or make your own if using a crab – see tip, below)
- ☐ 100 ml double cream
- ☐ 1 lemon zest plus a tablespoon of juice
- ☐ 2 slices sandwich bread white cut into croutons

Equipment

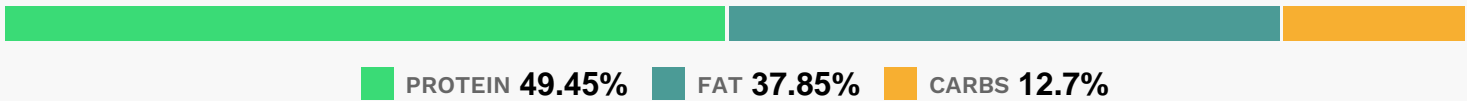
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ sieve
- ☐ baking pan
- ☐ immersion blender

Directions

- ☐ Heat 1 tbsp oil in a large saucepan, add the onion, fennel, carrot and bay leaves with a pinch of salt and cook for 10 mins until really tender.
- ☐ Add the garlic and cook for 1 min more, then stir in the tomato pure for another 1 min.
- ☐ Add the brown crabmeat, saffron, brandy and some pepper, stirring until the brandy has bubbled away.
- ☐ Add the stock and stir until smooth. Cover with a lid and simmer for 15–20 mins or until the vegetables are soft.
- ☐ Using a hand blender, blitz the soup until smooth. Pass the soup through a sieve back into a clean saucepan, making sure you push through as much liquid as possible.
- ☐ Add the cream and simmer for another 5 mins the soup should be thick enough to coat the back of a spoon.
- ☐ Add a few drops of lemon juice, taste and season or add more lemon if necessary, then chill until ready to serve.
- ☐ Heat oven to 200C/180C fan/gas

- ☐
- Toss the croutons with the remaining oil, the lemon zest and some black pepper on a baking tray.
- ☐
- Bake for 10 mins, tossing halfway through, until crisp and golden. Leave to cool, then store in a plastic container until ready to serve. The soup and croutons can be made up to 1 day ahead.
- ☐
- To serve, reheat the soup and divide between shallow soup bowls. Spoon a mound of white crabmeat into the centre of each bowl, then drizzle with a little oil and add a few of the reserved fennel fronds. Float a few croutons on top and serve with a little extra black pepper, if you like.

Nutrition Facts



Properties

Glycemic Index:77.15, Glycemic Load:6.62, Inflammation Score:-10, Nutrition Score:35.661304308021%

Flavonoids

Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.93mg, Quercetin: 5.93mg, Quercetin: 5.93mg, Quercetin: 5.93mg

Nutrients (% of daily need)

Calories: 528.05kcal (26.4%), Fat: 21.28g (32.74%), Saturated Fat: 7.98g (49.89%), Carbohydrates: 16.06g (5.35%), Net Carbohydrates: 12.8g (4.65%), Sugar: 5.85g (6.5%), Cholesterol: 174.42mg (58.14%), Sodium: 657.94mg (28.61%), Alcohol: 3.76g (100%), Alcohol %: 1.03% (100%), Protein: 62.55g (125.1%), Selenium: 127.06µg (181.52%), Vitamin B12: 8.49µg (141.5%), Phosphorus: 609.24mg (60.92%), Vitamin A: 3032.8IU (60.66%), Vitamin B3: 11.55mg (57.74%), Vitamin D: 8.15µg (54.35%), Vitamin K: 48.33µg (46.03%), Copper: 0.74mg (37.03%), Potassium: 1250.33mg (35.72%), Folate: 121.56µg (30.39%), Vitamin B6: 0.6mg (29.99%), Magnesium: 113.09mg (28.27%), Zinc: 4.2mg (28.03%), Vitamin E: 3.01mg (20.08%), Vitamin C: 16.23mg (19.68%), Manganese: 0.38mg (19.11%), Vitamin B5: 1.76mg (17.62%), Vitamin B2: 0.3mg (17.48%), Iron: 2.79mg (15.52%), Vitamin B1: 0.23mg (15%), Calcium: 135.51mg (13.55%), Fiber: 3.26g (13.04%)