



Crab Bisque

 Gluten Free

READY IN



4500 min.

SERVINGS



8

CALORIES



223 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon peppercorns black
- ☐ 1 medium carrots finely chopped
- ☐ 1 pinch of cayenne
- ☐ 1 rib celery finely chopped
- ☐ 0.5 cup cognac
- ☐ 1 cup cooking wine dry white
- ☐ 2 large garlic cloves crushed
- ☐ 2 teaspoons juice of lemon fresh

- ☐ 3 pound live blue frozen rinsed uncooked well
- ☐ 1.8 cups chicken broth reduced-sodium
- ☐ 0.5 pound lump crab meat picked over at room temperature
- ☐ 1 medium onion finely chopped
- ☐ 1 teaspoon tarragon finely chopped
- ☐ 4 large thyme sprigs
- ☐ 1 turkish or
- ☐ 2 tablespoons butter unsalted
- ☐ 2 tablespoons vegetable oil
- ☐ 6 cups water
- ☐ 0.3 cup rice long-grain white

Equipment

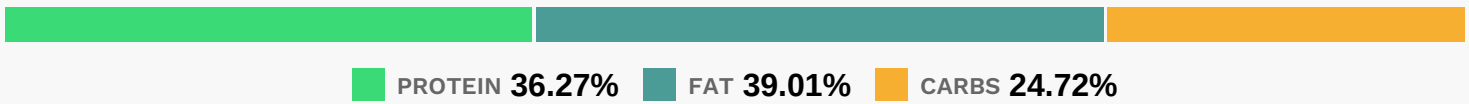
- ☐ bowl
- ☐ sauce pan
- ☐ ladle
- ☐ pot
- ☐ blender
- ☐ roasting pan
- ☐ kitchen towels
- ☐ tongs
- ☐ colander
- ☐ meat tenderizer

Directions

- ☐ If using live crabs, add to pot of boiling water using tongs. Cover pot and cook over high heat until crab shells are red, 5 to 6 minutes.
- ☐ Drain crabs in a colander.

- ☐ Put crabs (cooked or frozen uncooked) into a large metal roasting pan. Cover with a clean kitchen towel and pound shells with meat pounder to crush (including claws).
- ☐ Heat butter and oil in same pot over medium-high heat until foam subsides, then cook onion, carrot, celery, and garlic with bay leaf, thyme, clove, peppercorns, and 1/2 teaspoon salt, stirring occasionally, until softened, about 5 minutes.
- ☐ Add Cognac, wine, and crushed crabs and bring to a boil.
- ☐ Add broth and water and return to a boil. Skim foam, then simmer, covered, stirring and skimming occasionally, 1 hour.
- ☐ Put colander in a large bowl, then drain crab broth, reserving solids for crab butter (if making).
- ☐ Transfer broth to a medium saucepan.
- ☐ Ladle out 2 cups broth and transfer to a 1-quart saucepan.
- ☐ Add rice and simmer, covered, until very tender, 15 to 20 minutes (not all of liquid will be absorbed).
- ☐ Blend together rice with cooking liquid and 1 cup more crab broth in a blender until smooth (use caution when blending hot liquids), then add to remaining broth in medium saucepan.
- ☐ Just before serving, reheat bisque over medium heat until hot, then stir in tarragon, lemon juice, cayenne, and 1/8 teaspoon pepper.
- ☐ Ladle bisque into bowls and spoon a little crabmeat into center, then drizzle with some of crab butter (if making).
- ☐ Bisque, without tarragon, lemon juice, final seasoning, crabmeat, and crab butter, can be made 2 days ahead and chilled, uncovered, until cool, then covered. Thin slightly with water if necessary while reheating, then proceed with recipe.

Nutrition Facts



Properties

Glycemic Index:50.75, Glycemic Load:4.54, Inflammation Score:-9, Nutrition Score:14.821739190299%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.3mg,

Hesperetin: 0.3mg, Hesperetin: 0.3mg, Hesperetin: 0.3mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg

Nutrients (% of daily need)

Calories: 222.99kcal (11.15%), Fat: 7.2g (11.08%), Saturated Fat: 2.55g (15.96%), Carbohydrates: 10.27g (3.42%), Net Carbohydrates: 9.57g (3.48%), Sugar: 1.35g (1.5%), Cholesterol: 79.92mg (26.64%), Sodium: 471.53mg (20.5%), Alcohol: 8.1g (100%), Alcohol %: 2.64% (100%), Protein: 15.06g (30.13%), Selenium: 42.04µg (60.06%), Vitamin B12: 3.2µg (53.41%), Copper: 1mg (49.91%), Vitamin A: 1411.97IU (28.24%), Zinc: 3.64mg (24.26%), Phosphorus: 179.47mg (17.95%), Manganese: 0.25mg (12.36%), Magnesium: 43.78mg (10.95%), Vitamin B3: 2.07mg (10.34%), Vitamin B5: 0.93mg (9.33%), Vitamin B6: 0.17mg (8.54%), Potassium: 290.62mg (8.3%), Calcium: 78.9mg (7.89%), Vitamin K: 7.97µg (7.59%), Vitamin C: 5.11mg (6.2%), Folate: 23.61µg (5.9%), Vitamin E: 0.84mg (5.62%), Iron: 0.8mg (4.46%), Vitamin B2: 0.06mg (3.51%), Vitamin B1: 0.04mg (2.93%), Fiber: 0.7g (2.8%)