

Crab Bisque



Gluten Free



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



616 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 cups crab shells
- ☐ 0.5 cup cooking wine dry white
- ☐ 1 large onion yellow sliced chopped
- ☐ 1 carrots roughly sliced chopped
- ☐ 1 celery stalk roughly sliced chopped
- ☐ 2 Tbsp tomato paste
- ☐ 2 sprigs thyme leaves
- ☐ 1 sprigs several parsley

- ☐ 1 bay leaf
- ☐ 10 peppercorns whole
- ☐ 2 teaspoons salt
- ☐ 2 Tbsp butter unsalted
- ☐ 0.3 cup shallots chopped
- ☐ 0.8 cup cooking wine dry white
- ☐ 4 cups shellfish stock
- ☐ 0.3 cup rice white
- ☐ 1.3 lb crab meat cooked
- ☐ 1.3 cup heavy cream
- ☐ 0.5 teaspoon salt
- ☐ 0.1 teaspoon cayenne pepper

Equipment

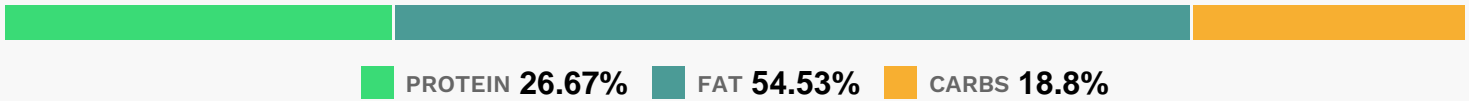
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ ladle
- ☐ oven
- ☐ pot
- ☐ sieve
- ☐ blender
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ rolling pin
- ☐ tongs
- ☐ cheesecloth

Directions

- ☐ Making the stock
- ☐ Before making the bisque, you'll need to make the shellfish stock (see these instructions for details and photos).
- ☐ Break up large pieces of crab shell: If you have large pieces of crab shell, you'll want to break them into smaller pieces. A good way to do this is to put them in a plastic freezer bag and use a rolling pin or wine bottle to roll over them to break them up a bit. Don't crush them.
- ☐ Roast shells for 10 min: For extra flavor at this point, put them on a roasting pan in a 400°F oven for 10 minutes. That will help bring out more of the crab flavor.
- ☐ Put the crab shells in a large stock pot and cover with an inch of water.
- ☐ Put the heat on medium high and slowly heat up the water. When you see little bubbles of air starting to rise to the surface, lower the heat to medium.
- ☐ Do not let the water boil! You want to keep the water temp at just below a simmer, around 180°F if you have an instant thermometer. The bubbles should only occasionally come up to the surface.
- ☐ Do not stir! Stirring the shells will muddy the stock. As foam develops on the surface of the water, skim it away with a large spoon. Keep skimming off the foam every so often, and maintaining the heat at just below a simmer, for about an hour.
- ☐ Add wine, carrots, onions, celery, tomato paste, herbs, peppercorns: Once the stock is no longer generating foam, add the wine, carrots, onions, celery, tomato paste, thyme, bay leaves, parsley and peppercorns.
- ☐ Increase the heat to return the stock to a low simmer, then lower the heat to maintain that very low simmer for 30 minutes. Skim off any new foam that develops.
- ☐ Add salt and remove from heat.
- ☐ Remove large solids and strain through lined sieve: Use tongs or a spider strainer to remove and discard the largest pieces of shells from the stock.
- ☐ Then place a few layers of dampened cheesecloth or paper towels over a large, fine mesh strainer placed over a large bowl or another pot.
- ☐ Pour the stock through the strainer to strain. Discard the solids.
- ☐ Either use the stock right away, or cool for future use. If you aren't going to use the stock in a couple of days, you can freeze it.

- ☐ Remember to leave enough headroom at the top of any jar you use so that the liquid has room to expand as it freezes. You should use frozen shellfish stock up within 2 months.
- ☐ Makes 2-3 quarts. Reserve 4 cups for the crab bisque, refrigerate or freeze the rest.
- ☐ Making the bisque
- ☐ Now on to the bisque...
- ☐ Sauté shallots in butter in large pot: In a large, 4 or 6 quart saucepan, melt butter on medium heat, add the shallots and cook gently until translucent, about 5 minutes.
- ☐ Add the wine, stock, white rice, and tomato paste. Raise the heat and bring to a simmer; reduce heat to continue to simmer until rice is completely cooked, about 25 minutes.
- ☐ Remove from heat and let cool for several minutes.
- ☐ Add two thirds of crab meat, then purée:
- ☐ Add about two thirds of the crab meat to the soup. Working in batches, ladle the soup into a blender and purée until completely smooth. Return puréed soup back to soup pan.
- ☐ Add cream, remaining crab meat, salt, cayenne:
- ☐ Add cream and gently heat soup until it is hot enough for serving.
- ☐ Add the remaining one third of the crab meat.
- ☐ Add salt and cayenne pepper to taste (about ½ teaspoon salt and 1/8 teaspoon cayenne).

Nutrition Facts



Properties

Glycemic Index:114.5, Glycemic Load:9.87, Inflammation Score:-10, Nutrition Score:34.830000131027%

Flavonoids

Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg Epicatechin: 0.41mg, Epicatechin: 0.41mg, Epicatechin: 0.41mg, Epicatechin: 0.41mg Hesperetin: 0.3mg, Hesperetin: 0.3mg, Hesperetin: 0.3mg, Hesperetin: 0.3mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Apigenin: 0.58mg, Apigenin: 0.58mg, Apigenin: 0.58mg, Apigenin: 0.58mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 7.68mg, Quercetin: 7.68mg, Quercetin: 7.68mg, Quercetin: 7.68mg

Nutrients (% of daily need)

Calories: 615.81kcal (30.79%), Fat: 34.15g (52.54%), Saturated Fat: 21.14g (132.11%), Carbohydrates: 26.49g (8.83%), Net Carbohydrates: 24.13g (8.78%), Sugar: 9.77g (10.86%), Cholesterol: 254.44mg (84.81%), Sodium: 3646.42mg (158.54%), Alcohol: 7.72g (100%), Alcohol %: 1.45% (100%), Protein: 37.57g (75.15%), Vitamin B12: 8.63µg (143.85%), Selenium: 81.11µg (115.87%), Vitamin A: 4533.64IU (90.67%), Copper: 1.66mg (82.76%), Zinc: 8.55mg (57.02%), Phosphorus: 531.51mg (53.15%), Folate: 114.44µg (28.61%), Manganese: 0.54mg (26.75%), Vitamin E: 3.96mg (26.37%), Vitamin B6: 0.52mg (26.18%), Vitamin B3: 5.18mg (25.9%), Magnesium: 102.05mg (25.51%), Potassium: 854.28mg (24.41%), Calcium: 238mg (23.8%), Vitamin B5: 2.07mg (20.74%), Vitamin B2: 0.35mg (20.5%), Vitamin C: 16.29mg (19.75%), Iron: 2.08mg (11.58%), Vitamin K: 11.7µg (11.14%), Fiber: 2.35g (9.42%), Vitamin D: 1.3µg (8.64%), Vitamin B1: 0.12mg (8.19%)