



Whiskey Crab Soup for a Big Party

READY IN



75 min.

SERVINGS



36

CALORIES



342 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 pounds butter
- 6 cups dungeness crabmeat fresh
- 1.5 cups fish soup base
- 6 cups flour all-purpose
- 4 teaspoons ground pepper white
- 1 cup heavy cream
- 1 cup juice of lemon
- 6.5 cups tomatoes
- 0.3 cup old bay® seasoning

- 3 tablespoons pepper sauce hot
- 0.7 cup cooking sherry
- 2.5 gallons water
- 5 fluid ounces irish whiskey
- 0.3 cup worcestershire sauce

Equipment

- frying pan
- whisk
- pot

Directions

- Bring the water to a boil in a large stock pot. Stir in soup base, and lower heat to a simmer. Melt the butter in a skillet over low heat. Gradually whisk in the flour so as not to form any lumps.
- Pour this mixture into the broth. Cover, and simmer over low heat for 5 to 7 minutes.
- Pour the marinara sauce into the thickened broth, and season with OLD BAY®, white pepper, lemon juice and hot pepper sauce. Stir until blended, making sure to scrape the bottom and sides of the pot.
- Add the crabmeat, and stir vigorously to break into pieces.
- Stir in the heavy cream until blended, then mix in the sherry and whiskey. Taste and adjust the seasoning as needed. If the soup is too salty, add more heavy cream.
- Add more lemon if there is no tang; more white pepper if not spicy enough.
- Remove from the heat.
- Pour into hotel pans to a depth of 4 inches or less, and refrigerate if making ahead of time. Reheat to 140 degrees F (62 degrees C) before serving.

Nutrition Facts

 PROTEIN 12.37%  FAT 63.72%  CARBS 23.91%

Properties

Glycemic Index:5.56, Glycemic Load:12.29, Inflammation Score:-7, Nutrition Score:12.333478336749%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1mg, Hesperetin: 1mg, Hesperetin: 1mg, Hesperetin: 1mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 341.73kcal (17.09%), Fat: 23.56g (36.24%), Saturated Fat: 14.63g (91.42%), Carbohydrates: 19.89g (6.63%), Net Carbohydrates: 18.53g (6.74%), Sugar: 2.28g (2.53%), Cholesterol: 78.34mg (26.11%), Sodium: 680.16mg (29.57%), Alcohol: 1.94g (100%), Alcohol %: 0.59% (100%), Protein: 10.29g (20.58%), Vitamin B12: 2.73µg (45.49%), Selenium: 22.15µg (31.65%), Copper: 0.4mg (20.06%), Vitamin A: 941.65IU (18.83%), Folate: 60.12µg (15.03%), Zinc: 2.04mg (13.59%), Vitamin B1: 0.2mg (13.2%), Phosphorus: 126.36mg (12.64%), Manganese: 0.25mg (12.63%), Vitamin B3: 2.42mg (12.1%), Iron: 1.95mg (10.84%), Vitamin C: 8.88mg (10.77%), Vitamin B2: 0.18mg (10.42%), Vitamin E: 1.35mg (9.03%), Magnesium: 33.64mg (8.41%), Potassium: 283.39mg (8.1%), Vitamin K: 7.39µg (7.04%), Vitamin B6: 0.13mg (6.36%), Fiber: 1.36g (5.45%), Calcium: 49.85mg (4.98%), Vitamin B5: 0.43mg (4.31%), Vitamin D: 0.41µg (2.74%)