

ingles

Cooking with Class



Battery Park
B I S T R O

Crab Bisque

Ingredients:

- 12 oz. Lump crab meat
- 3 tbsp. Butter
- 2 tbsp. Chopped green onion
- 2 tbsp. Chopped celery
- 2 tbsp. Chopped red bell pepper
- 3 tbsp. Flour
- 1 tsp. Fresh grated ginger
- 1 tbsp. Fresh thyme
- 2 cups milk
- 1 tbsp. Tomato paste
- 1 cup heavy cream
- 3 tbsp. Sherry
- White pepper and cayenne pepper to taste

Heat butter over medium heat than add vegetables and sauté until tender. Blend flour and cook stirring constantly for one minute. Slowly stir in milk and continue until thickens. Add tomato paste and heavy cream and salt and pepper to taste. Stir in crab meat and sherry, bring to a simmer and than serve hot.

Nutrition information: Makes 6 servings (1/2 cup) – 245 calories; 16 grams fat; 15 grams carbohydrates

