

simple crab bisque

A RECIPE FROM
COCONUTROBOT.COM

INGREDIENTS

1 lbs fresh crab
8 T butter
1 c carrots [optional]
1 large onion
½ c flour
32 oz/1 qt chicken broth
1 small can of tomato paste
2 pinches of cayenne pepper
2 pinches of nutmeg
½ t salt
pepper to taste
1 t smoke paprika
1 can of evaporated milk/coconut milk/cream
½ c sherry [optional]
siracha chili hot sauce [optional]

DIRECTIONS

1. Melt butter in a 8 qt stock pot.
2. While butter is melting, put carrots and onions in a food processor. [I turn mine into mush – but you can chop as much as you'd like]
3. Add the carrots and onions to the butter. Cover and let simmer until vegetables are tender. [~4 min]
4. Whisk in the flour to create a roux. Allow the flour to cook-out a bit, stirring continually.
5. Gradually add the broth.
6. Add the tomato paste and whisk until smooth.
7. Bring to boil while stirring almost constantly.
8. Add the cayenne, nutmeg, salt, pepper, milk of choice, and sherry. Add siracha chili sauce to taste. [I've also added all spice, ginger, garlic – whatever you'd like!]
9. Stir in the crabmeat and cook until it is heated through. Do not boil.
10. Serve!

Notes: If it gets too thick, add broth, milk or cream to add more liquid.