

Blue Crab and Corn Bisque

RECIPE COURTESY OF CHEF JOHN REASON

INGREDIENTS

- 1 lb Louisiana Lump Crabmeat
- 2 Tbsp butter
- 1 c onion, chopped
- ½ c bell pepper, chopped
- ½ c celery, chopped
- ¼ c red bell pepper, chopped
- 2 c seafood or chicken stock
- ½ c dry white wine
- ½ tsp thyme
- ¼ cup vegetable oil
- ¼ cup all-purpose flour
- 3 ½ c heavy cream
- 1 tsp salt
- 1 Tbsp hot sauce
- 1 c whole corn kernels
- 1 Tbsp parsley, chopped
- 1 Tbsp green onion, cut on bias
- Optional: Fried soft shell or Stuffed crabs for serving.

DIRECTIONS

1. Pick through crab meat for any shells and set aside.
2. Using oil and flour make a blonde roux.
3. Melt butter and saute Trinity vegetables. Add stock & garlic and bring to a boil.
4. Slowly whisk in cream in a steady stream.
5. Add salt, hot sauce, white pepper and corn and simmer for another 5 minutes.
6. Add crabmeat, parsley and green onion. Simmer for another 5 minutes in medium heat.
7. Serve garnished with soft shell crab or stuffed crab.



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HEALTHY SWAPS

- **Lower fat:** Omit butter. Substitute fat-free half & half for heavy cream. 321 calories. 10g fat (2g saturated fat, 106mg cholesterol.) 1,076mg sodium. 31g carbohydrates (2g fiber, 12g sugar.) 22g protein.
- **Lower carbohydrate:** Substitute 10oz cauliflower rice for flour/oil roux and corn. 663 calories. 56g fat (35g saturated fat, 266mg cholesterol.) 1,002mg sodium. 15g carbohydrates (2g fiber, 9g sugar.) 22g protein.
- **Lower sodium.** Omit salt. Use low-sodium hot sauce such as Tobasco. Opt for low-sodium chicken broth. No changes in macros, but reduces sodium by half to 530mg.
- **Dairy-free:** Omit butter. Use a nut-based half & half such as Califa Better Half. 361 calories. 16g fat (5g saturated fat, 99mg cholesterol.) 1,033mg sodium. 28g carbohydrates (2g fiber, 5g sugar.) 19g protein.
- **Gluten-free:** Substitute 1 Tbsp Xanthan Gum powder for flour. 680 calories. 56g fat (35g saturated fat, 266mg cholesterol.) 1,088mg sodium. 20g carbohydrates (2g fiber, 9g sugar.) 22g protein.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
6 servings per container Serving size 2 cups Calories per serving	770	Total Fat 65g	83%	Total Carbohydrate 23g	8%
		Saturated Fat 35g	175%	Dietary Fiber 2g	7%
		Trans Fat 0g		Total Sugars 9g	
		Cholesterol 265mg	88%	Includes 0g Added Sugars	0%
		Sodium 1010mg	44%	Protein 19g	38%
		Vitamin D 2.2mcg	10%	Calcium 115mg	8%
		Potassium 441mg	10%	Iron 1mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.