

## Corn & Crab Bisque

### Makes 5- 8 oz servings

- 1 medium (100 g) yellow onion
- 1 stalk (50 g) celery
- 1 red or green bell pepper
- 3 green onions
- 1 Tbsp flat-leaf parsley
- 6 garlic cloves
- 1/2 cup (115 g) butter
- 1 (16 oz) can whole kernel corn
- 1/2-1 lb jumbo lump crabmeat
- 1/2 cup (65 g) flour
- 1/3 cup (75 g) chicken or seafood base
- 3 to 4 cups (750-1000 mL) water
- 1 bay leaf
- 1 cup (235 g) heavy whipping cream
- 1/2 to 1 Tbsp Zatarain's liquid crab boil

### salt and pepper to taste



- Prep vegetables: Small dice onions, celery, bell pepper. Slice green onion. Mince parsley and garlic.

- In a large stockpot, melt butter over medium-high heat. Add corn, onions, celery, bell peppers and garlic. Sauté 5–10 minutes or until vegetables are softened.

- Whisk in flour and base until white roux is achieved, but do not brown.

- Slowly add stock, one ladle at a time, whisking constantly. Bring to a low boil, add bay leaf and crab boil. Reduce to simmer and cook 10 minutes.

- Add heavy whipping cream, green onions and parsley. Continue cooking 3 minutes. Gently fold in lump crabmeat, being careful not to break lumps.

- Season with salt and pepper.

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**Freezes well.**

**Can be thickened with cornstarch instead of roux for gluten-free. Can reduce butter and add sunflower oil if preferred, but won't have as rich of flavor.**

**You can also replace heavy cream with half & half, milk, oat milk, or more stock.**

**Replace crab with shrimp or crawfish, but sear in butter in same pot before sauteing vegetables. Remove with slotted spoon and add in with cream, green onions, and parsley.**