

Dungeness Crab Bisque with Parsley Custard, Crab and fresh Radish salad on crostini

Notes:

1. This restaurant yield of 10-12 hearty entrée helpings of bisque can be halved for home use.
2. While there is nothing like cooking with live Dungeness Crab, a substitute of 1/2 lb. (225 grams) of picked meat can be substituted for each whole Dungeness Crab.

For the Bisque-

2 live Dungeness Crab

2 clove of garlic (peeled)

1 large white onion (peeled and chopped roughly to bite size)

1 large carrot (peeled and chopped roughly to bite size)

2 celery stalks (chopped roughly to bite size)

1.5 cups dry white wine

2.5 litres of fish OR chicken stock

1 cup heavy cream

Knob of butter

Splash of grape seed oil

5 sprigs of fresh thyme

Black Pepper to taste

METHOD: In a large pot of salted boiling water, drop the crabs in and turn the heat down to low heat. Cook for 10 minutes and take the crabs out to cool in some ice water for 5 minutes.

In a medium sized pot, add the grape seed oil then saute the garlic, onion, carrot and celery until it starts to caramelize. Set aside

Peel off the shell from the crabs and be sure to keep all of the juices and shell in boil. Separately pick out all off the meat from crab and only dispose the gills and sand sack from the crabs. Set the crab meat in the fridge for further use.

Brake up the bigger shells and add all of them with the juices to the pot of caramelized vegetables. Turn up the heat and saute, stirring every couple of minutes until it has sauteed for about 10-15 minutes and the base of the pot starts to caramelize. Then add the dry white wine.



Reduce the wine until it has all evaporated. Add the stock, cream and thyme and bring to a boil. Gently simmer until the liquid has reduced to about half of the volume.

Pass the Bisque through a fine mesh strainer, pushing with a ladle as much liquid out as possible. Season the bisque with freshly cracked black pepper and bring back to a boil. before serving, add a knob of butter and blend to foam the bisque with a hand stick blender if you have one.

For the Parsley Custard –

5 egg yolks separated from the whites (optional to keep or dispose the whites)

1 cup heavy cream

1 large handful of fresh parsley (optional to use flat leaf of curly)

2 large handfuls of fresh spinach leaves

Salt to taste as well to season the blanching water

Pre heat oven to 315F

In salted boiling water, blanch the parsley for 4-5 minutes than transfer to ice water to cool.

Drain the parsley and Spinach from the water and place in a blender. Just warm the cream and add to the blender with the egg yolk and a pinch of salt and pepper. Blend for 30 seconds and pass through a fine mesh strainer. Pour the raw custard to ramekins 3 quarters full

Place them on tray or pan that can hold enough hot water to go up half way up the ramekin.

Cover the tray of ramekin(s) with aluminum foil.

Depending on the size of ramekin it will take different times to be fully set. For a 1 cup size ramekin it would take roughly about 35-40 minutes. Essentially you want the custard to be NOT liquid runny at all and just set. Then it is done to cool down and be scooped gently on the hot foamy soup.

For the Crab Salad and Crostini-

½ a Baguette

.5 cup mayonnaise

½ a fresh lemon

5 fresh radishes (thinly sliced)

Pinch of fresh parsley leaves

Salt and Pepper to taste.

Pre heat oven to 375F

On sharp angle, thinly slice the baguette and brush some grape seed or olive oil on the slices. Place the slices on parchment paper and bake for 4-6 minutes until crispy golden brown. Place crostinis a side to cool. Chop the parsley, squeeze the lemon juice and all to the picked crab meat with a pinch of salt and pepper to taste. Mix and place on the Crostini when ready to serve the soup with the custard spooned on the soup directly. ENJOY!!

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