

Cream of Crab Soup

The crab soup that my mom has made for as long as I've known her (i.e., all my life).

This is a very rich soup, both in taste and in dollar value. Good crab meat costs \$18/lb or more, depending on the quality/brand. Like most good recipes, this one is simple and stress-free. Do a good job of picking for shells, and you'll be all set.

This recipe is for a large batch of soup (2 pounds of crab meat) and serves 8 to 10.

Ingredients

- 1 lb. Blue ("Maryland") jumbo lump crab meat, unpasteurized
- 1 lb. Blue backfin crab meat, unpasteurized
- 2 cups of Vegetable stock (potato, tomato, celery, onion, carrot, salt) or the equivalent in vegetable bouillon cubes
- ½ cup fresh chopped onion
- ½ cup butter
- 4 Tblsp. white flour
- 2 tsp. table salt
- ½ tsp. celery salt
- ¼ tsp. pepper
- A few drops of hot sauce
- 2 quart whole milk
- Parsley flakes, for garnish

Instructions

1. Remove the cartilage and shells from the crab meat. Failing to do so will make your diners think you hate them.
2. Dissolve bouillon cube in water.
3. In a 4-quart saucepan, cook onion in butter until tender.
4. Blend in flour and seasonings.
5. Add milk and bouillon gradually and cook over medium heat.
6. Stir constantly, until mixture thickens enough to coat the spoon.
7. Add crab meat and heat, but **do not boil**.

Serving

Garnish with parsley flakes, or add a pinch of Old Bay seasoning before serving.

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