

Maine Crab Chowder

*The Oxford House Inn - Freyburg, ME
The Great Country Inns of America Cookbook (2nd ed) (1992)*

Servings: 8

*1/2 pound salt pork OR bacon
2 large onions
3 stalks celery
1/2 carrot
1 tablespoon dried tarragon
1 tablespoon lobster, crab or shrimp
paste
2 pounds fresh Maine crabmeat
3 pounds potatoes, peeled and diced
Tabasco sauce
salt (to taste)
freshly ground pepper (to taste)
1 pint heavy cream*

Copyright: James Stroman

With the fine blade of a meat grinder, grind the pork, onions, celery and carrot into a stock pot.

Add the tarragon and lobster paste. Simmer over medium heat until tender but not brown.

In another pan, cover the potatoes with cold water and slowly boil until they are slightly underdone. Add the potatoes and their water to the vegetable mixture. Bring to a slow boil.

Add the crabmeat. Bring to a boil. Remove from the heat.

Just before serving, bring to the boiling point and add the cream. Add salt, pepper and Tabasco sauce to taste.

Per Serving (excluding unknown items): 356 Calories; 22g Fat (54.9% calories from fat); 5g Protein; 36g Carbohydrate; 4g Dietary Fiber; 82mg Cholesterol; 48mg Sodium. Exchanges: 2 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 4 1/2 Fat.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	356	Vitamin B6 (mg):	.5mg
% Calories from Fat:	54.9%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	39.3%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	5.8%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	22g	Folacin (mcg):	36mcg
Saturated Fat (g):	14g	Niacin (mg):	3mg
Monounsaturated Fat (g):	6g	Caffeine (mg):	0mg

Polyunsaturated Fat (g):	1g
Cholesterol (mg):	82mg
Carbohydrate (g):	36g
Dietary Fiber (g):	4g
Protein (g):	5g
Sodium (mg):	48mg
Potassium (mg):	1088mg
Calcium (mg):	70mg
Iron (mg):	2mg
Zinc (mg):	1mg
Vitamin C (mg):	37mg
Vitamin A (i.u.):	2186IU
Vitamin A (r.e.):	381 1/2RE

Alcohol (kcal):	0
% Daily Values*	0 0%

Food Exchanges

Grain (Starch):	2
Lean Meat:	0
Vegetable:	1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	4 1/2
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories	356	Calories from Fat: 195
-----------------	-----	-------------------------------

% Daily Values*

Total Fat	22g	34%
Saturated Fat	14g	69%
Cholesterol	82mg	27%
Sodium	48mg	2%
Total Carbohydrates	36g	12%
Dietary Fiber	4g	15%
Protein	5g	
Vitamin A		44%
Vitamin C		62%
Calcium		7%
Iron		9%

* Percent Daily Values are based on a 2000 calorie diet.