

She Crab Soup

Charlotte Lewis

St Timothy's - Hale Schools - Raleigh, NC - 1976

*1 quart fresh sweet milk
1/8 onion, chopped
3/4 cup plain unbleached
flour
1/4 cup butter
1/8 cup crab roe
1/4 teaspoon white pepper
1/3 cup celery, diced
1 sprig fresh chopped
parsley
1/2 pound white crabmeat
1 tablespoon salt
1/2 teaspoon paprika
4 ounces unsalted sherry*

In a double boiler, heat the milk to a boiling point. Heat the butter slowly until it separates. Saute' the onions, celery and parsley with two tablespoons of butter, about 5 minutes on medium heat.

Add the crabmeat and roe and a dash of sherry. Saute' another 5 minutes, stirring frequently.

In a bowl, mix the flour and remaining butter with a fork to form a roux. Brown slightly and remove all lumps.

Remove the milk from the butter, add one-half of the roux, whip slowly. Add the saute'd mixture, the rest of the roux, one-half of the sherry and stir.

Simmer in the double boiler for 20 minutes.

Serve very hot with a dash of sherry with paprika roux-thickening.

Per Serving (excluding unknown items): 423 Calories; 46g Fat (95.6% calories from fat); 1g Protein; 4g Carbohydrate; 1g Dietary Fiber; 124mg Cholesterol; 6899mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 9 Fat.