
Tahitian Curry Crab Soup

Rose Graham

Nettles Island Cooking in Paradise - 2014

Servings: 4

2 tablespoons butter
2 cups onion
2 tablespoons flour
2 cups half-and-half or whipping cream
2 cups chicken stock
2 cups coconut milk
3 cups chopped spinach
1 pound lump crabmeat, cleaned well
1 to 2 tablespoons curry powder (good quality) (to taste)
salt (to taste)
white pepper (to taste)

Heat the butter in a saucepan. Saute' the onion until translucent. Stir in the flour. Blend well.

Add the half-and-half and chicken stock. Simmer for 5 minutes, stirring frequently.

Stir in the coconut milk, spinach, crabmeat and curry powder. Cook for 3 minutes, stirring frequently. Season with salt and pepper to taste.

Serve immediately.

Soups, Chili, Stew

Per Serving (excluding unknown items): 486 Calories; 36g Fat (65.0% calories from fat); 26g Protein; 18g Carbohydrate; 5g Dietary Fiber; 104mg Cholesterol; 1503mg Sodium. Exchanges: 0 Grain(Starch); 2 1/2 Lean Meat; 1 1/2 Vegetable; 1/2 Fruit; 7 Fat.