

Crab Bisque

Yield: 8 min
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-fish-stock-recipe>

Ingredients:

- 1 tablespoon unsalted butter
- 1 tablespoon canola oil
- 3 shallots large, minced
- 5 cups fish stock
- 2 cups heavy cream
- kosher salt
- ground white pepper
- 7/8 pound lump crabmeat fresh or thawed frozen, picked over for shell fragments, 3 to 4 cups
- 1/2 cup dry sherry dry Marsala or Madeira
- flat leaf parsley or Minced fresh tarragon, for garnish, optional

Nutrition:

1. Calories: 390 calories
2. Carbohydrate: 11 grams
3. Cholesterol: 140 milligrams
4. Fat: 32 grams
5. Protein: 15 grams
6. SaturatedFat: 18 grams
7. Sodium: 860 milligrams

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