



CRAB BISQUE

	Ingredients	Exchanges
Heavy Cream	60 gm heavy cream	
Protein	37 gm crab meat	3.7 (+3.7 gm fat)
Fat	17.7 gm canola oil -----	3 (+3.7 gm) -----
	15 gm butter	3
Carbohydrate	6.7 gm chopped onion -----	0.6 -----
	6.5 gm thinly sliced celery	0.7
Other	Garlic powder, paprika, onion powder, salt, and pepper	

Recipe developed by Chef Paige Vondran

DIRECTIONS

- Melt the butter in a small pot; season with dry seasonings.
- Add the thinly sliced celery and chopped onion to the pot.
- Cook on medium heat for 5-10 minutes until tender.
- Add the crab meat; stir to combine.
- In a small bowl, emulsify the heavy cream and canola oil together using an electric frother.
- Add the heavy cream and oil mixture to the pot.
- Stir to combine all ingredients.
- Cook on medium heat for 10 minutes, stirring often.
- Serve warm.

VARIATIONS

- This recipe can be stored in the freezer for up to two months in a sealed storage container.
- Other carbohydrates can be used, such as carrot, zucchini, etc.
- Any type of crab meat can be used for this recipe.
- Other proteins can be used for different flavors, such as shrimp or lobster.
- Do not cook this recipe for more than 20 minutes or the cream and butter will break apart.