

## Chef Carolyn's Corner - Crab Bisque

Written by Carolyn Shelton

Friday, 11 November 2011 00:00

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As busy professional families, single working people, professional athletes, your life is very hectic. You want to eat healthy nutritious food, but you simply don't have the time! Once home, you're in a rush to get something on the table by any means necessary or grab something quickly, and it usually isn't healthy, just convenient.

# Louisiana Corn and Crab Bisque

- 2 oz. unsalted butter
- 3 1/2 cups heavy whipping cream
- 1/4 large onion, chopped
- 1/4 green bell pepper, chopped
- 1 tbsp. salt
- 1 rib celery, chopped
- 1 tbsp. hot sauce
- 1 tbsp. garlic, minced
- 8 oz. fresh cooked corn (reserving 1/2 cup stock)
- 2 cups shrimp
- 1/2 cup dry wine
- 1 lb. lump crab meat
- 1 1/2 tsp. fresh thyme
- 1/2 tsp. dry thyme
- 3 tbsp. parsley, chopped
- 1/2 cup white roux (1/4 cup oil and 1/2 cup flour)
- 3 tbsp. green onions, chopped

Heat oil and flour in skillet on medium for 3 minutes until blended; set aside. Heat butter in a 4-quart saucepan. Saute onion, bell peppers, garlic and celery on medium heat until limp; about 1 minute. Add shrimp stock, white wine and thyme.

Bring to a boil; add roux. Whip mixture to thicken. Add cream. Lower to simmer while whipping. Add seasoned salt, hot sauce, corn and stock. Simmer 3-4 minutes. Add lump crab, parsley and green onions. Simmer until heated. Divide into 4 large bowls. Garnish with crab claws and serve.

*Makes 4 Servings.*

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# A Different Bread Pudding

The pudding is very light because it calls for low-fat milk instead of cream and whole milk. During peach season, mash a few ripe peaches with a bit of sugar and lemon juice to make a delicious "sauce" to pour over individual servings.

- 1/2 cup unsalted butter, softened
- 20 or more 1 inch French bread slices
- 3/4 cup sugar but 2 tbsp. for topping
- 4 cups low-fat milk
- 2 tsp. vanilla extract
- dash nutmeg
- 4 eggs



#### **African Proverb**

*Before eating,  
open your mouth.*

Preheat oven to 350° F. Turn down to 325° F when putting pudding in to cook. Grease ovenproof casserole dish with butter. Spread remainder of the butter on one side of bread slice and place them in a single layer on bottom of casserole, buttered side down. Beat eggs and 3/4 cup sugar in large bowl. Pour in milk, stirring. Add vanilla extract and stir. Add a few good shakes of nutmeg. Pour mixture carefully through strainer over bread casserole. The bread will float to the top. Sprinkle 2 tbsp. of sugar on top of slices. Put casserole in larger ovenproof pan and surround with enough boiling water to come 1 inch up side of casserole. Put pan in center of oven and reduce heat to 325° F. Bake 45 minutes then turn broiler on for a minute to toast the top at a golden brown.

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