



## Bar Harbour Crab Bisque

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prep time:  
15 minutes

cook time:  
25 minutes

makes 12 servings

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### grocery list

**Plugrá European Style Butter**

fresh celery and white onion

ShopRite flour

whole milk and heavy cream

2 lb. pasteurized lump crabmeat

**Morton & Bassett Cajun Seasoning**

fresh flat-leaf parsley

fresh thyme

**La Baleine Sea Salt**

**Morton & Bassett Whole White Peppercorns**

Recipe by ShopRite's Culinary Workshop™ Instructor  
Chef Peter Day

# bar harbour crab bisque

- 2 sticks **Plugrá European Style Butter**
- 6 fresh celery ribs, diced into small pieces
- 1 white onion, diced into small pieces
- $\frac{3}{4}$  to 1 cup ShopRite flour
- $\frac{1}{2}$  gallon hot water (8 cups)
- 4 cups whole milk
- 4 cups heavy cream
- 2 lb. pasteurized lump crabmeat
- 1 tsp. **Morton & Bassett Cajun Seasoning**
- 3 tbsp. chopped fresh flat-leaf parsley
- 1 tbsp. chopped fresh thyme
- La Baleine Sea Salt**
- Morton & Bassett Whole White Peppercorns**,  
freshly ground

1. In stockpot melt butter over medium heat; add chopped celery and onion. Add flour, stirring constantly, and cook 1 minute.
2. Add hot water and mix together until thickened. Add milk, and cream. Reduce heat to low; cook 20 minutes.
3. Add crabmeat, Cajun seasoning, parsley and thyme; cook until heated throughout. Season to taste with sea salt and white pepper. Serve hot.

Per Serving: 454 calories, 14g carbohydrate, 23g protein, 32g fat, 19g saturated fat, 1g fiber, 155mg cholesterol, 390mg sodium

## cook's journal

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## kitchen tools

- liquid measuring cup
- measuring spoons
- dry measuring cups
- cutting board
- chef's knife
- stockpot
- spoon or spatula

## recipe note

Pasteurized crabmeat is heated at a high enough temperature to kill bacteria, but not so high that the quality of the meat is jeopardized.

## a good idea

Unopened cans of pasteurized crabmeat can be stored in the refrigerator for several months. But, once opened, it must be used within several days.

