

## Crab Bisque

### Ingredients

- 1 pound crab meat
- 1 carrot, chopped
- 2 stalks celery, chopped
- 2 tomatoes, chopped
- 3 cloves garlic, chopped
- 2 shallots, chopped
- 2 sprigs fresh tarragon leaves, chopped
- 2 Tbsp Cognac
- 1 cup dry white wine
- 1 Tbsp tomato paste
- 5 cups fish stock or water
- Salt
- Freshly ground pepper
- Pinch dried thyme
- 1 bay leaf
- 1 cup sour cream
- 1 lemon, juiced



### Preparation

1. Sauté the carrot, celery, tomatoes, garlic, shallots, and tarragon for 5-10 minutes
2. Pour in the cognac and ignite
3. When the flame has subsided, deglaze with white wine, and add the tomato paste, half of the crab meat, and enough fish stock to cover
4. Season with salt, pepper, thyme, and bay leaf and boil gently for 10-15 minutes
5. Add the sour cream to the soup and purée with a stick blender
6. Strain the puréed soup and keep warm
7. Add to the remaining crab to the soup and season with lemon juice, salt, and pepper