**CRASTER CRAB BISQUE AND CRAB TOASTIES**

**INGREDIENTS:**

Bisque Ingredients

Olive oil  
Butter

Onions, chopped

Carrots, chopped

Garlic, finely chopped  
Celery, chopped

Tomato puree  
Shells from 1 cooked crab, claw meat reserved.  
Bouquet garni- tie a bay leaf and a couple of sprigs thyme and parsley together  
Fish stock

Salt and pepper

Lemon juice to taste  
Double cream, chives and cayenne pepper to garnish

Toasties Ingredients

Brown and white crab meat from crab main shell

1 green chilli, seeds removed and chopped

1 tbsp chopped chives

2 tbsp double cream

4 tbsp grated cheddar

A few slices of sourdough

Butter

**METHOD**

Step 1 - Remove meat from crab, being careful not to damage the claw meat.

Step 2 - Heat 1 tbsp olive oil and 1 tbsp butter.

Step 3 - Gently cook onions for 5 minutes then add chopped carrots, garlic, bay leaf and celery, fry for a further 5 minutes.

Step 4 - Add tomato puree, cook for 1 minute. Next, add crab shells, white wine and bouquet garni.

Step 5 - Cook for 5 minutes, until most of the wine has reduced, then add the fish stock.

Step 6 - Bring to the boil, then simmer until the vegetables are soft.

Step 7 - Meanwhile, mix together all of the toastie ingredients (except the bread) and season with salt, pepper and lemon juice to taste.

Step 8 - Butter slices of sourdough and arrange the crab filling over half of the slices, buttered side down. Cover with the remaining slices, buttered side up.

Step 9 - Preheat a frying pan and cook the sandwiches for 3 minutes on each side.

Step 10 - When the vegetables for the soup are soft, sieve, taste and adjust seasoning.

Step 11 - Put the claw meat in the middle of a bowl and pour the bisque on top. Finish with a pinch of cayenne pepper, chopped chives and a swirl of double cream and oil. Serve alongside the toasties.