

Craster Crab Bisque and Crab Toasties

Ingredients:

Bisque

- Olive Oil
 - Butter
 - Onions, chopped
 - Carrots, chopped
 - Garlic, finely chopped
 - Celery, choppe
 - 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
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Toastie

- 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
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Method

- 1 - Remove meat from crab, being careful not to damage the claw meat.
- 2 - Heat 1 tbsp olive oil and 1 tbsp butter.
- 3 - Gently cook onions for 5 minutes then add chopped carrots, garlic, bay leaf and celery, fry for a further 5 minutes.
- 4 - Add tomato puree, cook for 1 minute. Next, add crab shells, white wine and bouquet garni.
- 5 - Cook for 5 minutes, until most of the wine has reduced, then add the fish stock.
- 6 - Bring to the boil, then simmer until the vegetables are soft.
- 7 - Meanwhile, mix together all of the toastie ingredients (except the bread) and season with salt, pepper and lemon juice to taste.
- 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.
- 9 - Preheat a frying pan and cook the sandwiches for 3 minutes on each side.
- 10 - When the vegetables for the soup are soft, sieve, taste and adjust seasoning.
- 11 - Put the crab 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.