

Sweet Potato and Lump Crab Bisque

Makes 8 servings

2 cups sweet potato, cooked and mashed
1 tsp fresh thyme leaves
1 pound jumbo lump crabmeat
1/4 cup butter
1 tbsp garlic, minced
1/2 cup onions, minced
1/2 cup red bell pepper, minced
1/2 cup flour
2 quarts reserved crab stock
1/4 tsp ground nutmeg
1 cup heavy whipping cream
salt and pepper to taste

Begin by creating a crab or shellfish stock by combining 2 pounds of crab, shrimp or crawfish shells available from your local seafood market with 2 quarts of cold water, 1 sliced onion, 1 sliced carrot, 2 cloves of garlic and 1 bay leaf. Bring to a rolling boil, reduce to a simmer and cook for 45 minutes. Strain and reserve 2 quarts of the stock for the soup. If the shells are unavailable you may simply use clam or chicken bouillon in its place.

In a heavy-bottom saucepan, melt butter over medium-high heat. Add garlic, onions and bell pepper and sauté 3 - 5 minutes. Slowly sprinkle in flour while stirring constantly. Once the flour is well blended, add yams, blend well then add stock, 1 cup at a time, stirring to incorporate. Continue until all has been added. Bring to a rolling boil, reduce to simmer and add nutmeg and season to taste using salt and pepper. Simmer for 15 minutes then add heavy whipping cream, fresh thyme and jumbo lump crabmeat. Adjust seasonings if necessary. Additional stock may be added to thin soup to your liking.

