

# GOURMET FISHING

Season II - Episode XIX



INFO-SHORTS



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## She Crab Soup

A True Charleston Original



Host, Chef & Guide, David Murray





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# Grocery List

## Lobster Stock

Chicken Broth

Lobster Tail Shells

Fresh Thyme Sprigs

Bay Leaves

Small Onion chopped

Celery Stalks chopped

Salt to Taste

Pepper to taste



Lobster Stock - Super Short Episode 5

# Lobster Stock



*3/4 Cup Chicken Broth*

*2 Lobster Tail Shells*

*Fresh Thyme Sprigs*

*2 Bay Leave*

*Small Onion chopped*

*2 Celery Stalks chopped*

*Salt to Taste*

*Pepper to taste*

Place all in a pot and bring to a soft or low boil.

Turn the heat down to medium and simmer for 1 hour. Skim any foam that forms on top and discard. Strain the stock, and it's ready to use.

Hope y'all enjoy...





## Grocery List She Crab Soup

Oil	Worcestershire Sauce
Flour	Hot Sauce
Celery Stalks	Nutmeg
Large Sweet Onion	Salt
Heavy 40% Fat Cream	Pepper
Heavy Cream	Cayenne Pepper
Seafood Stock, optional	Sherry 1 lb Crab Meat
Bundle Fresh Thyme & Long Leaf Parsley	Cooked Crab Roe



**She Crab Soup**





# She Crab Soup



**S**he Crab Soup is a Charleston Original Recipe. It was created in the early 1900's by William Dees. As the story goes, Charleston Mayor R. Goodwyn Rhett was hosting President William Taft in 1909 at his Charleston home and was looking for an impressive and unforgettable dish. It was up to Rhett's butler and chef, William Dees, to craft that unique and delicious dish. And Mr Dees did just that.

There was always a crab soup, but Dees enhanced the typical soup by adding the roe or crab eggs to the soup. The orange eggs added unbelievable flavor along with enhancing the appearance.

And therefore, Williams Dees is the inventor or creator of one of the dished that defines Charleston, She Crab Soup.



She Crab Soup

# She Crab Soup

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2 Tbs Oil	Bundle Fresh Thyme & Long Leaf Parsley	2/3 Cup Sherry, (1 cup with no stock)
2 Tbs Flour	4 Tbs Worcestershire Sauce	1 lb Crab Meat
4 Celery Stalks	2 tsp Hot Sauce	Cooked Crab Roe
1 Large Sweet Onion	1 tsp Nutmeg	
4 Tbs Oil,( Coconut, Olive)	2 tsp Salt	<i>**If not using 40% Cream, Use a double Roux (4 Tbs oil, 4 Tbs Flour), and 1 1/2 Qt Heavy Cream</i>
1 Qt Heavy 40% Fat Cream**	2 tsp Pepper	
1/2 Qt Heavy Cream	1/2 tsp Cayenne Pepper	
1/2 Cup Seafood Stock, optional		

In a heavy bottom pot over medium, to medium-high heat, add 2 Tbs oil and 2 Tbs flour. This is the beginning of a Roux. This is a thickening agent that will help give our soup a little body. We will create a blonde or white roux. Cook until the roux just begins to turn color and gives off a little nutty aroma. Stir to keep from browning to quickly.

It's a French word derived from (beurre) roux, which translates to "browned (butter)". Use equal part of a fat and flour. You cook this mixture down to the desired brownness you will need. A roux is used to thicken sauces.

Using a grater, grate the washed celery stalks and the peeled sweet onion. This will help both the celery and the onion break down while cooking in the soup.

Heat a pan over medium-high heat, add 4 Tbs of oil and let the oil heat to a shimmering stage. Then add the celery and onion along with the liquid. Be careful when adding. Saute for about 8 minutes.

While the celery is sauteing, let's get back to our blonde roux (*\*\*If not using 40% Cream, Use a double Roux and 1 1/2 Qt Heavy Cream*). Add the cream and stock, if using, to the roux while whisking to combine. Let's take 4 Thyme and 4 Parsely stalk and tie together with a piece of butchers twine. Using a hard round object, like a bottle or jar, roll it over the herbs to lightly bruise, which will release the flavorful oil and will infuse our cream mixture a quickly. Bring the mixture back to a soft boil over medium heat. When the mixture comes back to a boil, this will be as thick as the roux will make or soup.

After the mixture comes to a soft boil, reduce the heat and simmer for 15 minutes.

Add the Worcestershire, hot sauce, nutmeg, salt, pepper, cayenne pepper, and sherry. Simmer for 5 minutes. Add the crab meat and crab roe and simmer for an additional 5 minutes.

Spoon into a bowl, add a couple of large pieces of crab claw meat to the top, and drizzle with a little more sherry.

Enjoy...



# Gourmet Fishing



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