

## The Ultimate She Crab Soup Recipe: A Taste of Coastal Luxury

Introduction: A Lowcountry Classic Reimagined



**TIME**  
**5 min**

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### INGREDIENTS

4 tablespoons unsalted butter: The foundation for sautéing our aromatics.

2 shallots, diced: Shallots provide a more delicate, sweet flavor than standard onions.

1 small carrot, diced: For a hint of sweetness and color.

2 stalks celery, diced: Essential for the aromatic base.

1/4 cup red bell pepper, diced: Adds a subtle pepperiness and beautiful flecks of color.

1/2 cup dry white wine: Use a Pinot Grigio or Sauvignon Blanc to deglaze the pan.

1/4 cup white rice, uncooked: This is our natural thickener.

2 tablespoons tomato paste: Provides a rich, umami undertone.

2 teaspoons Old Bay seasoning: The quintessential seafood spice.

3/4 teaspoon Worcestershire sauce: Adds depth and saltiness.

Pinch of nutmeg: A classic addition to cream-based soups to enhance the richness.

Kosher salt and white pepper: To taste (white pepper keeps the soup looking pristine).

2 cups clam juice (bottled): Provides that essential "ocean" flavor.

2 1/2 cups chicken stock: Low-sodium is best so you can control the salt levels.

1 lb. fresh crab meat: Ideally backfin or lump crab.

1/2 cup heavy cream: For that luxurious mouthfeel.

1/2 cup dry sherry: The defining ingredient of authentic She Crab Soup.

Garnish: Fresh chopped parsley and a dusting of paprika.

## DIRECTIONS

- 1. SautØ the Aromatics:** In a large heavy-bottomed pot, melt the butter over medium-low heat. Add the shallots, celery, carrots, and red bell pepper. SautØ for about 5 minutes until the vegetables are soft and translucent.
- 2. Deglaze:** Pour in the white wine. Use a wooden spoon to scrape up any flavorful browned bits from the bottom of the pot.
- 3. Simmer:** Whisk in the clam juice, chicken stock, uncooked rice, tomato paste, Worcestershire sauce, Old Bay, nutmeg, salt, and white pepper. Bring the mixture to a simmer. Cover and cook for 10-15 minutes, or until the rice is very soft and falling apart.
- 4. The : Puree:** Carefully transfer the soup to a blender in batches (be careful with hot liquids!) and puree until completely smooth. Return the silky base to the pot over medium-low heat.
- 5. Finish with : Cream and Crab:** Stir in the heavy cream and the fresh crab meat. Gently heat through-do not let it reach a rolling boil once the cream is added.
- 6. The : Final Touch:** During the last 2-3 minutes of cooking, stir in the dry sherry. This is where the magic happens! Taste and adjust seasoning if necessary.
- 7. Serve:** Ladle into warm bowls and garnish with parsley and paprika.

## SWAPS & NOTES

of clam juice and the acidic bite of dry sherry.

Much like my Cajun Chicken & Sausage Gumbo, this soup is a bowl of pure Southern comfort that feels both rustic and incredibly high-end.

Pinch of nutmeg: A classic addition to cream-based soups to

enhance the richness.

Garnish: Fresh chopped parsley and a dusting of paprika.

## TIPS FOR SUCCESS

**Don't Boil the Cream:** Boiling can cause the cream to break or the crab to become rubbery.

**Quality Sherry Matters:** Don't use "cooking sherry" from the grocery aisle; it's loaded with salt.

**Use a decent bottle of dry Amontillado or Fino sherry** from the liquor store.

**Blender Safety:** When blending hot soup, remove the center plastic piece from the blender lid and cover it with a kitchen towel to let steam escape.

**More recipes:** [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/the-ultimate-she-crab-soup-recipe-a-taste-of-coastal-luxury/>