

Roasted Sweet Potato & Crab Bisque

Time to prepare, 2.5 – 3.5 hours, including cleanup

3/4/2010

Equipment:

Oven/cookie sheet or baking pan/foil
Large stock pot or Dutch oven with lid
Large sharp knife & cutting board
Blender for pureeing
Large coarse strainer and receiving bowl for pureed soup

Ingredients:

1 – Large butternut squash 2.5-3lb, seeded and cut into chunks
2 – Large white sweet potatoes 2-2.5lb, peeled & thinly sliced. Hint, peel and slice immediately before putting into the stock pot to prevent them from turning black.
2 - Large orange sweet potatoes 2.5-3lb, halved & cut into chunks
Olive oil and Honey for drizzling
Pinch of salt, pepper & paprika
2 - Large white onion, coarse chopped
2 – Tbsp olive oil
2 – Tbsp butter
12 – Cups chicken stock, canned
2 – Tsp salt
2 – Cups light cream (not half & half)
1 – Lb package fake crabmeat

Preparation:

1 – Preheat oven to 375.

2 – Lay the chopped squash and orange sweet potato, skin side down, on a non stick or greased baking pan. Drizzle with olive oil and honey. Sprinkle with salt, pepper and paprika. Cover with foil and cook for 1 hour until soft. Set aside to cool.

3 – Meanwhile, add the 2 tbsp each of olive oil and butter to a large stock pot. Add the onions and sweat for about 25 minutes on low heat. Stir regularly to prevent onions from caramelizing.

4 – Add the white sweet potato and 2 tsp of salt to the stock pot and stir well. Cover and cook for 15 minutes.

6 – Add the chicken stock to the pot and stir.

7 - Peel the squash and orange sweet potato and add to the pot. Add the cream and 1 tsp of salt. Stir, cover and bring to a boil. Boil for 10 to 12 minutes covered.

8 – In batches, gently ladle the soup, vegetables and all into the blender. Cover, hold the lid down gently and puree.

9 - Pour the puree through a strainer into a large bowl. When done, you should have zero to 2 cups of pulp (fiber) in the strainer. Return the strained soup and up to one cup of the pulp back to the stock pot and stir.

10 – Chop the crabmeat into small pieces or shred. Add to soup and stir.

11 – Smile. Taste the soup and enjoy. There is a lot to clean up.