

Chef Jim Watkins' Creamy Snow Crab Soup

Makes 4 servings

Ingredients

1 cup peeled, diced red potatoes
4 tablespoons unsalted butter
1 medium onion, minced
2 cups diced tomatoes, with liquid
4 cups vegetable stock
1 cup heavy cream
½ pound snow crab meat
¼ pound snow crab claw meat
Salt
Freshly ground black pepper
Nutmeg (optional)

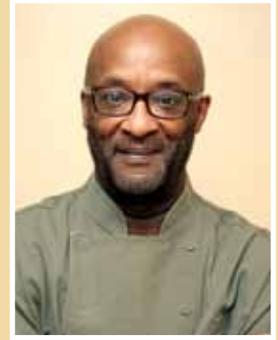
Technique

Cook the potatoes in boiling, lightly salted water just until tender. Drain and set aside.

Melt 2 tablespoons of the butter in a large pot over medium heat. Add the onion. Cook until soft, about 7 minutes, stirring occasionally. Add the tomatoes and liquid, potatoes, broth, and cream. Simmer slowly for 15 minutes.

Add the crab and crab claw meat, then puree with an immersion blender or transfer to a standing blender and puree thoroughly. (Be very careful when blending hot liquids in a standing blender—do not fill the blender more than halfway, and cover the lid with a towel. The heat will push the lid off, and you'll be wearing crab soup instead of enjoying it.)

Return the soup to the pot and add the remaining butter. Boil for 10 minutes. Add salt and pepper to taste. Add a pinch of nutmeg for elegance, if desired. Serve immediately with a few crostini.



**Chef Jim Watkins,
Bastyr University**

Jim Watkins, who has 25 years of experience as an accomplished chef, restaurateur, and food consultant, was founding chef of Cafe Flora, a landmark Seattle restaurant, winning further acclaim there at Plenty and Jimmy's Table. Today, Chef Watkins is director of award-winning food services at Bastyr University in Washington state, the nation's largest university for multi-disciplinary natural health arts and sciences.



Snow Crab From Alaska: REBUILT



Terrance Fidler

The sweet and succulent **snow crab** is a popular seafood choice that hails from the frigid Eastern Bering Sea. In 1999, scientists found that the Alaska snow crab population was highly depleted. Managers temporarily reduced catch levels to solve this problem and meet the Magnuson-Stevens Fishery Conservation and Management Act's rebuilding requirement. Science-based quotas and the adherence to these limits by fishermen have resulted in recovery of the snow crab population, providing a bounty for fishermen and seafood lovers around the world.

Source: www.fishwatch.gov



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www.PewEnvironment.org/usfish