



She Crab Soup

2 quarts heavy cream
2 pounds crab meat (1 pound super lump and 1 pound jumbo lump)
½ pound white roux (see roux recipe in Entrées and Side Dishes)
1 tablespoon Old Bay seasoning
3 ounces dry sherry
1 ½ tablespoons crab or lobster base
1 teaspoon cayenne pepper
paprika (smoked paprika if available)
parsley (finely chopped)

How to Prepare:

In a medium pot add heavy cream, crab base, cayenne pepper, Old Bay and 1.5 ounce of sherry. Stir and bring to a simmer. Add roux (thicken to personal preference) and bring to a slow boil. Reduce heat and simmer for approximately 15 minutes or till mixture thickens. Add the remaining sherry and remove from heat. Add the crab meat and stir. Ladle soup in bowl and garnish with paprika and parsley

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 **DOWNTOWN**

NORFOLK RESTAURANT WEEK JANUARY 22-29, 2012

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