



## Creamy Crab Bisque with Tomato Confit (6 servings)

### Ingredients

#### Crab Bisque

3 Tbsps vegan butter  
1 onion - medium size, finely chopped  
2 tps tomato paste  
2 stalks celery - finely chopped  
2 cloves garlic - minced  
1 tsp Old Bay seasoning  
3 Tbsps flour  
4 cups fish stock *or* low-sodium vegetable broth  
1 cup dry white wine  
1 bay leaf  
1/2 cup vegan cream\*

1 pound lump crabmeat\*  
sea salt (*to taste*)  
black pepper - freshly ground (*to taste*)

#### Tomato Confit

1/4 cup extra virgin olive oil  
2 cloves garlic - minced  
10 Roma tomatoes, cut in half lengthwise  
1 Tbsp fresh thyme  
1/2 tsp crushed red pepper flakes  
sea salt (*to taste*)  
black pepper - freshly ground (*to taste*)

#### **Preparation - Tomato Confit**

- Preheat the oven to 300 degrees F.
- Toss the tomatoes, along with the herbs and spices, garlic and olive oil into a bowl. Season with salt and pepper and toss gently.
- Fit a baking sheet with a wire rack and arrange the tomato halves, cut-side up, on the rack. Roast 1½ - 2 hours, until they are shriveled and tender.

#### **Preparation - Crab Bisque**

- Melt butter in a large, heavy pot over medium heat. Add onion and celery and cook until soft - about 5 minutes.
- Season with salt, pepper, and Old Bay, then stir in garlic and tomato paste. Cook the mixture for 10 minutes, or until the garlic is translucent and the tomato paste coats the vegetables. (*continued*)



- Sift in the flour and cook until it is fully absorbed - about 1 minute more.
- Pour in stock and wine, and add bay leaf. Reduce heat and simmer for 30 minutes, until the liquid is reduced and flavors meld. Stir occasionally.
- Remove bay leaf and puree soup with an immersion blender, or in a glass blender, on high until very smooth.
- Return to pot and simmer over medium-low heat and stir in cream and half of the crab meat. Cook for 5 minutes, until the soup is warmed through.
- Ladle into soup bowls, garnish with remaining crab meat and the tomato confit.

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**\*Note:**

*Interested in making your own vegan cream? Here's a recipe: <https://simple-veganista.com/vegan-cream/>  
For a vegan dish, extra firm roasted tofu can be substituted for the lump crab meat.*

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