

She-Crab Soup

Authentic South Carolina She-Crab Soup recipe with rich crab meat, cream, and sherry. Traditional Low Country comfort soup ready in 35 minutes.

10	25	35	6	Easy
PREP MIN	COOK MIN	TOTAL MIN	SERVINGS	DIFFICULTY

She-Crab Soup

Ingredients

- 4 tbsp unsalted butter
- 2 shallot
- 1 carrot
- 2 celery stick
- 1 cup bell pepper
- 1 cup white wine
- 1 cup rice
- 2 tbsp tomato paste
- 3 tsp Worcestershire sauce
- 1 tsp nutmeg
- 1 lb crab meat
- 1 cup heavy cream
- 2 cup chicken broth
- 1 tsp sea salt
- 1 tsp white pepper

Instructions

- 1 Prepare the vegetables**

Dice 2 shallots, 2 celery stalks, 1 carrot, and 2 bell peppers into small 1/4-inch pieces, keeping them uniform in size for even cooking.
- 2 Build the soup base**

Melt 4 tablespoons butter in a large heavy-bottomed pot over medium heat until foaming. Add the diced vegetables and cook for 5-6 minutes, stirring occasionally, until softened and translucent.
- 3** Stir in 2 tablespoons tomato paste and cook for 1 minute until fragrant and slightly darkened.
- 4** Add 1 cup white rice, 1 cup clam juice, 1 cup chicken stock, 3 teaspoons Worcestershire sauce, 1 teaspoon Old Bay seasoning, and 1 teaspoon nutmeg. Bring to a boil over medium-high heat.
- 5** Reduce heat to low, cover, and simmer for 15-18 minutes until the rice is very tender and starting to break apart.

- 6 Puree the soup**
Remove from heat and use an immersion blender to puree the soup completely until smooth with no visible chunks remaining. Strain through a fine-mesh sieve back into the pot, pressing solids with a spoon.
- 7** Return pot to low heat and gradually whisk in 1 cup heavy cream and 2 cups chicken stock until well combined. Heat gently to 160°F (71°C), stirring constantly to prevent curdling.
- 8 Add crab and finish**
Gently fold in 1 pound crab meat, being careful not to break up large pieces. Cook for 2-3 minutes just until heated through.
- 9** Remove from heat and stir in 1 cup dry sherry. Season with salt and pepper to taste, then ladle into warmed bowls and serve immediately.

Tips

Use a fine-mesh strainer when pureeing to ensure the smoothest possible texture, removing any fibrous vegetable pieces that might affect the soup's elegant consistency.

Reserve a few large pieces of crab meat to stir in at the very end for textural contrast—this creates beautiful visual appeal and ensures some chunks remain intact.

Warm your serving bowls in a low oven before ladling the soup to keep it hot longer and enhance the dining experience.

Add the sherry off the heat to preserve its delicate flavor—cooking it too long will cause the alcohol to completely evaporate and lose the characteristic taste.

Test the soup's consistency by coating the back of a spoon—it should leave a thin film when properly thickened, similar to a light custard.

Pick through crab meat carefully with your fingers to remove any shell fragments, as even small pieces can ruin the soup's smooth texture.

Season gradually throughout cooking rather than all at once—the flavors concentrate as the liquid reduces, and over-seasoning early can result in an overly salty final product.