

Martha Washington's Crab Soup

This 250-year-old recipe was probably considered fine cuisine in colonial America. Crabs were considered a special treat to colonists. Though, if you make it as is, you'll find this soup to be very simple in flavor.

This recipe for Martha Washington's Crab Soup was found in The First Ladies' Cook Book under Franklin D. Roosevelt's section of favorite recipes. Apparently the First Lady's Crab Soup was well-loved by the Roosevelt family and was also served during the Eisenhower administration.

Ingredients

1 1/2 pounds crab meat in chunks
1 quart milk
2 TBS butter
2 hard cooked eggs, mashed
1 TBS flour
zest of one lemon
1 TBS Worcestershire sauce
1/2 cup sherry
1/2 cup heavy cream
salt, pepper, to taste

Utensils

Knife and cutting board
Measuring cup
Measuring spoons
Lemon zester
Potato masher
Small cookpot
Slotted spoon
Large cook pot
Tongs
Mixing bowls
Medium cook pot
Wooden spoon

If using fresh live crabs, boil them in salted water in the large cookpot. You should cook enough fresh crabs to make 1 1/2 pounds of chopped crab meat. When the crabs are cooked, remove them from the cookpot and place in cold water to stop the cooking process. You can also buy cooked crab and have the fish monger in the seafood department clean it for you. Be sure to get 1 1/2 pound of crab meat.

Place the eggs in a cookpot of boiling water and cook for 5 minutes or until they are hard boiled. Using the slotted spoon remove the eggs and place them in a bowl of cold water to stop the cooking process. Peel and mash the eggs in a bowl. Zest the lemon. The dish can be prepared up to this point in advance.

Combine the mashed hard-boiled eggs, flour, butter, grated lemon, salt, and pepper in a bowl. In a medium saucepan, bring milk to a boil and slowly pour in the egg mixture. Add crabmeat and turn heat to low, cooking gently for five minutes. Do not boil! Add the heavy cream and remove from heat. Add the sherry and Worcestershire sauce. Serve piping hot.