



Maine Fishermen's Forum 2017
"What's in the Bowl??"
A tour of world from within a soup bowl



Charleston She-Crab Soup – (U.S.A. – Charleston, S.C.)

Serves: 4-6

1 tablespoon butter
2 tablespoons all-purpose flour
1 quart milk
½ cup heavy cream
1 tsp lemon juice
½ tsp Worcestershire sauce
1 tsp flour
½ tsp Salt

2 cups crab meat (mixed lump and other grades)
*1/4 cup crab roe***
4-6 TBL dry sherry
Paprika to garnish

*** The addition of crab roe tints the soup light orange and enriches its crabby flavor. Two crumbled hard-cooked egg yolks may be substituted for the crab roe or you may substitute other red or orange fish roe available to you in the grocery store.*

- In a stockpot, melt butter and blend with the flour until smooth. Add the milk and heavy cream gradually, stirring constantly. Do NOT allow it to boil over!
- Add the crab meat and roe and all seasonings except sherry and cook slowly, stirring frequently, for about 20 minutes.
- To serve, place a tablespoon of warmed sherry in the bottom of each individual soup bowl.
- Add soup and sprinkle lightly with paprika.





Moqueca (Brazilian Fish Stew)

Yield - 4 servings

1 ½ pounds firm white fish, cut into 2 inch pieces

3 cloves garlic, minced

4 TBL lime juice

Salt and Pepper

1/4 cup palm (or olive) oil

1 medium yellow onion roughly chopped

¼ cup green onion tops

½ yellow and ½ red bell pepper, seeded, de-stemmed, chopped

2 cups roughly chopped tomatoes

1 TBL paprika (sweet)

Pinch red pepper flakes

1 large bunch chopped fresh cilantro leaves

1 14oz can coconut milk

Brown or White rice to serve with soup

- Coat fish with garlic and lime juice: Place fish pieces in a bowl, add the minced garlic and lime juice so that the pieces are well coated. Sprinkle generously all over with salt and pepper. Keep chilled in the fridge while preparing the rest of the soup.
- In a large covered pan (such as a Dutch oven), coat the bottom with about 2 Tbsp of olive oil and heat on medium heat. Add the chopped onion and cook a few minutes until softened. Add the bell pepper, paprika, and red pepper flakes. Sprinkle generously with salt and pepper. (At least a teaspoon of salt.) Cook for a few minutes longer, until the bell pepper begins to soften.
- Stir in the chopped tomatoes and onion greens. Bring to a simmer and cook for 5 minutes, uncovered. Stir in the chopped cilantro. Use a large spoon to remove about half of the vegetables (you'll put them right back in). Spread the remaining vegetables over the bottom of the pan to create a bed for the fish.
- Arrange the fish pieces on the vegetables. Sprinkle with salt and pepper. Then add back the previously removed vegetables, covering the fish. Pour coconut milk over the fish and vegetables.
- Bring soup to a simmer, reduce the heat, cover, and let simmer for 15 minutes. Taste and adjust seasonings. You may need to add more salt (likely), lime or lemon juice, paprika, pepper, or chili flakes to get the soup to the desired seasoning for your taste.

Garnish with cilantro. Serve with brown, white or jasmine rice or with crusty bread.





Bermuda Fish Chowder (Bermuda – British Overseas Territory)

Yield: 10-12 servings

*4 quarts water
1 ½ lbs white fish fillets (such as haddock)
salt, thyme, bay leaves, peppercorns, ground cloves
2 tbsp butter
2 tbsp oil
1 lb potatoes, peeled and diced
3 large onions, chopped fine
8 celery stalks, chopped fine
1 garlic clove, minced fine
2 green peppers, chopped fine
6 carrots, diced fine
½ cup parsley, chopped*

*1 can (28 oz, 794 g) peeled tomatoes
1 can (10 oz, 285 g) chicken/veg stock
1 cup ketchup
2 tbsp Worcestershire sauce
2 tsp lemon juice
2 oz Gosling's Black Seal Rum
4 Tbl Outerbridge's Original Sherry Peppers Sauce
Ground pepper to taste*

- In a large pot put water fish fillets, salt, and spices. Bring to a boil and let simmer for 30-45 minutes.
- In a frying pan melt butter and oil and sauté onions, celery, garlic, and green peppers. Add tomatoes and consommé and simmer for 30 minutes.
- Transfer this mixture to the fish stock and add remaining ingredients. Simmer partially covered for 2 hours or more. Adjust seasoning to your liking after simmering.
- Serve piping hot and pass around Outerbridge's Original Sherry Peppers Sauce and, if desired, a dash of Gosling's Black Seal Rum as a condiment garnish for each bowl.
- Enjoy!

