

GREEN CRAB STOCK



by Julie Upham

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Ingredients

Makes 6 quarts

- 4 tablespoons olive oil
- 2 bunches celery, with the leaves, about 1 pound, roughly chopped
- 1 large red onion, roughly chopped
- 1 small head fennel, cut into 1/2" slices
- 12 corn cobs (optional)
- Salt
- 2 bay leaves
- 1 tablespoon Old Bay seasoning
- Approximately 3 quarts water
- 2 cups white wine
- 2 dozen green crabs

PREPARATION: 20 MIN

COOKING: 1 HOUR

READY IN: 1 HOUR 20 MIN

Directions

- Rinse crabs well in cold water. I recommend doing this outside in a large bucket; just fill the bucket with water and throw your crabs in. Stir well, and leave them in the bucket until your stock is boiling.
- In a large stock pot or lobster pot heat the olive oil to medium. Add the celery, onion, and fennel. Lower heat, and cook until vegetables are soft, about 15 minutes. Add the corn cobs if using, the salt, bay leaves and Old Bay and stir well, tossing the vegetables well with the seasoning. Allow to cook for 5 more minutes, or until the onions just begin to darken.
- Add the water and wine, and bring to a boil. Let simmer for 10-15 minutes to integrate the flavors, particularly the corn cobs.
- 4. Bring stock back to a hard boil. Bring the crabs into the kitchen, and scoop them into the boiling stock. Allow to cook at a strong simmer/low boil for 45 minutes. Let cool, and spoon out the cooked crabs and as much of the vegetables as you can. Strain the remaining cooled broth through cheesecloth. Pour into jars or plastic containers for storing or freezing.