

**Recipe**

# Lobster Bisque

**Category**

Lunch

**Description**

Home made Lobster Bisque, creamy and delicious!

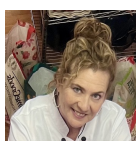
**Servings**

6 4 generous servings, or 6 as a first course



**Ingredients**

1.00	C	Lobster Meat	Cooked - this is an approximation probably one
5.00	C	Water	for the stock
1.00	t	Salt	for the stock
1.00	med	Onion	for the stock
2.00	stalks	Celery	for the stock
3.00	cloves	Garlic	for the stock
1.50	t	Peppercorns	for the stock
2.00	Med	Carrots	for the stock
3.00	Sprigs	Herbs	Rosemary, Thyme (optional - just if you have
2.00	T	Butter	for the bisque
1.00	T	Olive Oil	for the bisque
0.25	C	Onion	finely chopped - for the bisque
1.00	Med	Carrots	grated - for the bisque
2.00	ribs	Celery	for the bisque
0.50	t	Thyme	fresh - for the bisque
0.50	t	Tarragon	fresh - for the bisque
1.00	t	Chicken Bullion	for the bisque
0.25	t	Salt	for the bisque
0.25	t	Black Pepper	fresh ground - for the bisque
0.25	t	Cayenne Pepper	for the bisque
4.00	Cloves	Garlic	pressed - for the bisque
0.50	C	Crushed Tomatoes	for the bisque (tomato sauce works, too)
3.00	T	Flour	for the bisque
1.25	C	White Wine	for the bisque
4.00	C	Lobster Stock	for the bisque
1.00	C	Heavy Cream	for the bisque
3.00	T	Butter	for the garlic butter
2.00	cloves	Garlic	for the garlic butter



#### Instructions

Normally, I do this when I have some leftover, already cooked lobster, but if you want to make it with a fresh lobster you're going to steam, just go ahead and steam the tail and set it aside. Then do the following:

#### LOBSTER STOCK

- Fill a large pot with about 5 - 6 cups of water. Stir in 1 teaspoon sea salt and bring to a boil. (If you have just steamed a lobster, use that liquid instead of water, and add more water if needed.)

- To the pot, add lobster legs, antenna, empty tail shells if you have them.

Peel and cut an onion in eighths and cut up a couple carrots in large chunks, a couple of ribs of celery and 3 - 4 garlic cloves (bruise them up a little so they will release more flavor). Add that to your stock pot. You can also add whole peppercorns, fresh herbs (rosemary and thyme are good), really whatever you like, you will be straining all of this out later.

Let the stock boil and reduce by about half to concentrate the flavors. You can do this ahead and refrigerate or freeze it. The reducing process might take 45 mins to an hour, so this is great to do ahead. □

#### FOR THE BISQUE

- Heat butter and oil in a large, heavy-based pot over medium heat, Sweat the onions, carrots, celery and fresh herbs. Cook until soft, about 5 minutes. Season with the bouillon powder, salt and pepper/s. Stir in 4 cloves of minced garlic and cook until fragrant, about 1 minute.