



Lobsters were once known as the poor man's chicken. They are now considered a delicacy. If you plan to eat lobster, make sure to keep some of the meat and the shells so you can make this delicious soup. Just give yourself some time and as it takes a bit of effort.

Lobster Bisque

Ingredients

4 fresh lobsters, cooked and shelled
1/2 cup butter, melted
3/4 cup flour
1/4 cup onions, chopped
1/2 cup celery, chopped
3/4 cup tomato paste
1 tbsp lemon juice
8 peppercorns
2 tsp Kosher salt

2 tbsp simple syrup*
1 tsp white pepper
1 tsp Worcestershire sauce
1 tbsp steak sauce
2 cups 35% cream

Instructions

Boil enough water with a tablespoon of salt in a stock pot to submerge the lobsters. Once the water is boiling, add the lobsters and cook covered for 18 minutes. Immediately remove and place in an ice bath. Discard the liquid that lobsters have been boiled in (it is too salty to use in the soup). Once the lobsters are cool enough to handle, shell over a bowl or pan that can catch all the juices that are released. Place the meat aside.

Return all the shells, juices and inedible parts into a stock pot. Add the chopped onions, celery and peppercorns along with 16 cups of water. Boil until the water is reduced by half (approximately 4 hours). Once reduced, strain through a fine sieve so that you are left with the clear liquid.

Make a roux with the flour and butter and incorporate the tomato paste ensuring to mix it in thoroughly. Mix the roux mixture into the stock, add the salt, and simmer for 1 to 2 hours until the stock reaches the consistency of a gravy. In the beginning, you will need to continuously stir so that the roux does not settle and stick on the bottom of the pot. Afterwards, you can stir occasionally.

While the soup is simmering, mix together the lemon juice, white pepper, simple syrup (* use sugar if simple syrup is not available), Worcestershire sauce and steak sauce. Add to the soup and simmer for an additional hour, after which you will add the 35% cream and cook for an additional 30 minutes. Chop the reserved lobster and add to the soup when serving (do not allow it to rest in the soup as it will continue to cook and get tough).

This soup may be frozen in a glass jar for up to 2 months. Serves 4 to 6.