



# LOBSTER BISQUE

*A highly-seasoned, cream-based soup made with fresh lobster.*

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## INGREDIENTS

*Prep Time: 20 minutes*

*Cook Time: 1 hour*

*Servings: 2*

2-3 tails (fresh or frozen)  
2 tablespoons olive oil extra virgin  
1/2 cup onion chopped  
1/4 cup celery, diced  
2 teaspoons garlic minced  
1 teaspoon fresh thyme  
1/2 cup dry white wine, replace with stock  
2 teaspoons Worcestershire sauce  
1 teaspoon creole seasoning  
1/2 teaspoon paprika  
1 teaspoon white pepper  
1 tablespoon tomato paste  
2-2 1/2 cups lobster stock (adjust to desired thickness)  
1 cup heavy cream  
2-3 tablespoons butter  
1/2 teaspoon cayenne pepper

## DIRECTIONS

1. Boil the lobster tails for 4 minutes, or until the shells turn a light red color. Allow them to cool in the pot of water. Once cooled, remove the tails and save the stock.
2. Pull back on both sides of the lobster tail to crack open shell and remove meat. Set meat aside. Place the shells back to the pot, and add about 4 cups of water. Allow it to boil then then reduce the heat to low and continue to gently simmer at least another 20 minutes (ideally, 40 minutes to get full flavor).
3. Return to lobster meat. Chop into bite-sized pieces. Place in refrigerator to chill.
4. Once stock is simmered, strain the shells from the stock and reserve the lobster stock.
5. In a medium saucepan over medium, heat olive oil. Sauté onion and garlic, celery, and thyme and cook for about 4 minutes. Slowly add the wine, and stir in the Worcestershire, creole seasoning, paprika, and white pepper. Cook for about a minute. Pour in the tomato paste and lobster stock. Stir and simmer for 10 minutes. Add cream and butter, and allow it to melt into mixture.
6. Add to a blender and puree. (You may want to do this in batches depending on the size of your blender and pressure levels.) You may also use a stick blender in the pot if you have one. Season with salt and cayenne pepper to taste.
7. Place a clean saucepan over medium heat, and add 1 tablespoon butter to it followed by the chilled lobster meat, season with creole seasoning, and sauté for about 2 minutes. (Make sure lobster is warmed all the way through.)
8. Top individual bisque servings with lobster and serve immediately.