

Lobster Bisque

A rich, creamy starter for a memorable romantic dinner. This is a simpler version of traditional bisque, which requires live lobsters and a more involved stock preparation.

Ingredients

One pound lobster tails (four 4-ounce tails)

Heavy cream

Sherry cooking wine

Carrots

Celery

Onion

Shallots

Garlic

Fresh tarragon

White pepper

Tomato paste

Butter, flour, kosher salt



Cook lobster tails: Pour 6 cups of water into a stockpot or Dutch oven. Add 2 large garlic cloves and 3-4 stems of fresh tarragon. When water is boiling, add 2T of kosher salt and carefully place the four lobster tails in the water. Cook for 6 minutes. Remove tails but keep water at a simmer.

Create stock: While lobsters are cooking, roughly chop one peeled carrot, one stalk of celery and half of a yellow onion. When tails are cooked and removed, add vegetables to pot and continue to simmer as you prepare the bisque.



Extract lobster meat: Allow tails to cool slightly. Working over a large bowl to capture any juices, first tear off end of the tail and pull out any meat. Using kitchen shears, carefully slice underside of lobster shells in half.

With your hands, break open the shells slightly and slowly pull meat from the tails. Chop meat into small pieces and set aside ¼ cup of the lobster for garnish. Place lobster shells into the stock water.



Begin bisque: In a large saucepan, melt 3T butter. Chop one small shallot – about 1T – and add to melted butter. Sauté until soft, about one minute. Whisk in 3T of flour and stir until thickened. Whisk in 3 ounces (half a small can) of tomato paste and cook until blended and smooth, about 1-2 minutes, over medium low heat.

Add 1/3 cup sherry cooking wine. Slowly pour in 2 cups of heavy cream, whisking constantly until smooth, bubbly and thickened. Stir in any collected juices from prepping the lobster tails. Simmer for about 5 minutes. Turn off heat.

Strain stock: Set a strainer over a large bowl in the sink. Carefully pour contents of stock into the strainer, separating the contents from the stock. Scoop out one cup of the stock into a measuring cup. (You can freeze the remaining stock for future uses.)



Continue composing bisque: Turn bisque on to medium low heat. Stir in one cup of lobster stock. Add ½ t white pepper and 1T kosher salt. Simmer – stirring constantly – until blended for about 5 minutes. Remove bisque from heat and allow to cool slightly.

Finish bisque: Once bisque is slightly cool, add contents to a blender or food processor. Add lobster meat except for garnish reserve. Start on low setting to make sure bisque is cool enough to purée, about 30 seconds. Switch to high setting and puree until bisque is smooth, about one minute. Taste for salt.

Prepare dish for serving: If serving immediately, pour bisque back into saucepan and warm over low heat for 2-3 minutes. Pour into small bowls or mini cups and garnish with chopped lobster meat. If you are not serving immediately, pour bisque into a plastic container and keep in the refrigerator for up to two days. Rewarm over low heat when ready to serve.

