



Lobster Bisque

Yields: 4-6 Servings

Total Time: 45-60 Minutes

You know we love 'sters, both oy and lob. We also love a great clam chowder at a 'bake, and we usually make one of our hero's versions, the great Anthony Bourdain. But we also love the entire New England seafood experience, the scrod, drawn butter, all them critters with or without shells. One of our favorites is the decadent of decadence - lobster bisque. When done right (using homemade stock, heavy cream, a lil' sherry, and some tomato paste), you've got something that truly stands out. This dish is great for a fancy, high falutin' dinner or a shindig in your backyard. We serve 'em with some sourdough spears that work really well too. Pro tip? Add a splash of sherry vinegar at the very end to make them flavors pop.

Ingredients

- 10-20 oz of lobster meat, shell and tail, chopped up coarsely
- Sourdough crouton spears (instructions and directions below)
- 5 Tbsp salted butter
- 1 large sweet onion (like a Vidalia), diced up
- 4 celery stalks, all diced up
- 2 large carrots chopped up
- 2 sprigs of thyme, just the leaves (or ½ tsp of the dried stuff)
- 1 ½ cloves of garlic, minced
- 2 sprigs of fresh tarragon, leaves only (or 1 ½ tsp dried if ya need to)
- 3 Tbsp tomato paste
- 1 tsp smoked paprika
- ¼ C all-purpose flour
- 1 bay leaf
- 1 C heavy cream, close to room temperature
- 6 C lobster shell stock or any seafood stock (can easily be storebought, ingredients and directions below if you want to make it yourself)
- 1 C dry white wine (we use Pinot Grigio)
- ⅓ C cream sherry (regs sherry can work too if you can't find cream)
- 2 shakes (¼ tsp) of a pepper hot sauce
- Healthy shake of sherry vinegar



- 1 Tbsp cornstarch, 1 Tbsp water (for a slurry if you want it thicker)
- Sea salt and black pepper to taste
- Fresh green onions for garnish

Ingredients for Sourdough Crouton Spears

- 1 circular loaf of sourdough bread (or square), cut in half, then sliced into 2" thick rounds, then cut into 1-inch-wide spears
- ½ C olive oil
- 1 Tbsp chives
- 1 Tbsp Italian seasoning
- ½ Tbsp minced garlic
- 1 shake of cayenne pepper
- 1 shake of lemon juice
- Salt and pepper to taste

Directions for Sourdough Crouton Spears

- In a big mixing bowl, mix all ingredients except the bread
- Spray a cookie sheet
- Preheat oven to 400 degrees
- On the cookie sheet, brush all the bread spears with the oil mix
- Bake for 10-12 minutes, so they brown a bit, but also are chewy a bit too

Ingredients for Seafood Stock

- 3 peppercorns
- 4 smashed garlic cloves
- 4 sprigs of thyme
- 2 bay leaves
- 1 large onion cut in half
- One green bell pepper
- 1 large carrot chopped in half lengthwise
- 3 stalks of celery chopped in half lengthwise
- As many seafood shells you can fit in there, crab, lobster, shrimp, crawfish, anything with shells, a few is fine if that's all you got, but we save and freeze 'em
- 6 C of water (we always try to use reserved water from a previously boiled lobster)



Directions for Seafood Stock

- Put all the solid ingredients into a stockpot
- Cover with the water/reserved lobster water
- Bring to a boil
- Simmer for at least 30 minutes
- Discard all solids

Directions

- Melt the butter in a big Dutch oven (or large heavy-bottomed pot)
- Add in all the veggies (onions, celery, carrots, and garlic), add salt and pepper to taste, then keep stirring 'em over high heat for 8-10 minutes until they soften up a little
- Add in the tomato paste, tarragon, and hot sauce, and stir until mixed evenly
- Add in the flour until that's mixed in evenly too
- Add in the wine and the creamed sherry, and over medium heat, stir until it's evenly mixed and starts to be absorbed by the veggie mixture
- Add the thyme, bay leaves, and the seafood stock, and season with salt and pepper again
- Bring to a simmer, cover, and simmer for 20 minutes until the veggies are really soft
- Remove the bay leaf and the thyme, then transfer to a blender and puree until smooth (you can use an immersion blender, which is fun, but we want this really smooth and silky)
- Keep blending until smooth, like really smooth, like velvet babe
- Put it back in your pot, and heat it over medium heat
- Add in the heavy cream and the splash of sherry vinegar
- Heat and stir
- Add in more salt and pepper to taste
- Scoop into a bowl, and take all that lobster meat, and divide the chunks of lobster evenly into each bowl
- Garnish with green onions and goldfish, and slide in one of the crouton spears
- Dip that crouton and take a rip, baby!