

Lobster Bisque

Swick

Serves 1 | Active Time: 30 minutes | Total Time: 1 hour

Chef's Notes

Rouxbe Homework Assignments No 1

To warm the bowls, place them in the microwave for 1 minute, just before serving.

Option: You could make a superb chicken stock completely from scratch, but because the flavour in this soup is so robust (thanks to the paprika, cream, sherry and sweet lobster meat), I think the extra time and effort would be wasted here.

Also: I've made this soup with shrimp, instead of lobster. It's just as delicious, and quite a bit cheaper! And if you've saved your shrimp shells in the freezer, you can really enhance the flavour of the stock by adding them early in the cooking process.

Step 1: Prepare the stock

- 1 large onion, sliced
- 1/2 lemon, sliced
- 1 bay leaf
- 2 celery stalks, chopped
- 2 quarts low sodium chicken stock
- 2 Tbs. extra virgin olive oil
- 2 carrots, chopped

In a large stock pot, heat the olive oil over medium heat, then add onions, carrots and celery, stirring regularly until onions are slightly translucent and have begun to soften. Pour in chicken stock, lemon and bay leaf. Bring to a boil, then simmer for 20 minutes. Strain the stock through a sieve into a large bowl, and set aside.

Step 2: Assemble the soup

- 1 (11 oz.) tin lobster meat
- 5 oz. unsalted butter
- 1 tsp. paprika
- 1 pint half-and-half cream
- 2 oz. dry sherry
- 1/2 cup all-purpose flour
- Salt and pepper, to taste
- fresh parsley, finely chopped

Put the stock pot back on the stove and melt the butter. Make sure the larger pieces of lobster are chopped into smaller pieces, then gently saute the lobster in the butter for 2 -3 minutes. Stir in paprika and flour, making sure there are no lumps in the flour. Slowly add the stock, stirring constantly until it is well mixed. Simmer for 20 minutes. Add cream and sherry. Check seasoning, then continue to simmer for 4 – 5 minutes. Ladle the soup into warmed bowls, then gently drop a dollop of creme fraiche into the center of the bowl. Sprinkle a pinch of freshly chopped parsley on top. Serve immediately.