

# Seafood Stew with Shrimp and Lobster

Fragrant, Mediterranean-leaning broth with coriander, garlic, white wine, lemon, baby greens, and tender shrimp & lobster.

## Overview

Inspired by Mediterranean coastal cooking, this one-pot stew layers aromatics, white wine, and lemon with quick-poached lobster and succulent shrimp. Baby kale and fresh herbs finish the broth for a bright, comforting bowl that feels special but cooks fast.

## At a Glance

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<b>Yield</b>	Serves 4	
<b>Prep Time</b>	20 minutes	
<b>Cook Time</b>	20 minutes	
<b>Total Time</b>	40 minutes	
<b>Cuisine</b>	Mediterranean	<b>Course</b> Entree (Soup/Stew)

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## Ingredients

### Seafood & Aromatics

- 1 lb (450 g) large shrimp or prawns, peeled & deveined, tail-on
- 1 lb (about two) lobster tails
- 1  $\frac{1}{2}$  lemons, divided (half for shrimp; remainder for broth)
- 1/2 red onion, roughly chopped
- 2 Roma tomatoes, diced
- 2 cups baby kale (lightly packed)
- 2 green onions, chopped
- 1 cup fresh parsley leaves
- 4 large garlic cloves, chopped (*divided; 1 for poaching, 3 for base*)

### Pantry & Seasoning

- 2 tbsp extra-virgin olive oil
- 1 tsp red pepper flakes (to taste)
- 1 tsp ground coriander
- 1/2 cup dry white wine (e.g., Sauvignon Blanc, Pinot Grigio)
- 2  $\times$  15-oz (425 g) cans low-sodium chicken broth (*or seafood/vegetable stock*)
- 4 cups water
- 1 bay leaf
- 1/2 tsp ground ginger
- Kosher salt & freshly ground black pepper

## Equipment

Large Dutch oven or soup pot; medium pot or deep sauté pan; fine-mesh strainer; tongs; kitchen shears; ladle.

## Method

### 1) Prepare the Seafood

1. **Make the poaching liquid.** In a medium pot, combine 4 cups water, bay leaf, ground ginger, 1 chopped garlic clove, and a good pinch each of salt and pepper. Bring to a boil over high heat.
2. **Season the shrimp.** In a bowl, toss shrimp with the juice of 1/2 lemon, plus a pinch of salt and pepper; set aside.
3. **Poach the lobster.** Add lobster tails to the boiling liquid, reduce to medium-high, cover, and cook until the shells turn bright red, about 3 minutes. Transfer tails to a board to cool. Turn off the heat and reserve the poaching liquid.
4. **Shell and chop.** When cool enough to handle, use kitchen shears to cut the shells lengthwise; remove the meat and coarsely chop into bite-size pieces.

### 2) Build the Stew Base

1. **Sauté aromatics.** In a large pot, heat olive oil over medium-high. Add red onion and red pepper flakes; cook until softened, about 5 minutes. Stir in the remaining 3 chopped garlic cloves; cook 1 minute until fragrant.
2. **Season & reduce.** Add diced tomatoes, ground coriander, and a pinch of salt and pepper. Stir 1–2 minutes. Pour in the white wine and simmer 3–5 minutes to reduce slightly.
3. **Finish the broth.** Add the chicken (or seafood/vegetable) broth. Strain the reserved lobster poaching liquid through a fine-mesh strainer into the pot. Squeeze in the remaining lemon (to taste). Bring to a lively simmer.

### 3) Add Seafood and Finish

1. **Cook shrimp & lobster.** With the broth at a high simmer, add the seasoned shrimp. After 1 minute, gently stir in the chopped lobster.
2. **Greens & herbs.** Stir in baby kale, green onions, and parsley. Remove from heat, cover, and let stand 5 minutes to soften the greens.
3. **Serve.** Taste and adjust salt, pepper, lemon, and heat. Ladle into warm bowls and serve with crusty bread.

## Chef's Notes & Tips

- **Wine choices:** Dry, unoaked whites with citrus notes (Sauvignon Blanc, Pinot Grigio, Chablis) complement the lemony broth. For alcohol-free, use additional stock and a splash of white wine vinegar or extra lemon to balance acidity.

- **Stock upgrades:** Substitute seafood stock or add a few tablespoons of bottled clam juice for extra brine. Save shrimp and lobster shells for a quick house stock.
- **Heat & brightness:** Adjust red pepper flakes to taste; finish with extra lemon or a drizzle of good olive oil at the table.
- **Don't overcook seafood:** Shrimp turn pink and curl quickly; lobster is already cooked from poaching. Keep the stew at a simmer (not a boil) once seafood is added.

## Make-Ahead, Storage & Reheating

- **Prep ahead:** Poach and chop lobster, peel/devein shrimp, and chop vegetables up to 1 day in advance. Refrigerate separately (keep lobster in a bit of cooled poaching liquid).
- **Leftovers:** Store cooled stew in an airtight container up to 2 days, ensuring seafood is submerged in broth.
- **Reheat gently:** Warm on the stovetop over medium or lower just until heated through. Avoid boiling to prevent rubbery seafood.

## Serving Suggestions

Crusty bread (baguette, sourdough) for dipping is highly recommended. Pair with a simple citrusy salad or roasted vegetables; pour the same wine used in cooking alongside.

*All quantities are scalable; keep poaching and simmer times brief to protect seafood texture.*