

Title:

Lobster Bisque Soup Recipe

Word Count:

231

Summary:

The lobster bisque is very rich, so a small serving (about two-thirds cup per person) is plenty. At the restaurant, this is baked in individual crocks, with puff pastry on top. Enjoy this lobster bisque soup recipe!

Keywords:

free online recipes, recipes, seafood recipes

Article Body:

<p>The lobster bisque is very rich, so a small serving (about two-thirds cup per person) is plenty. At the restaurant, this is baked in individual crocks, with puff pastry on top. </p>

2 lb boiled lobsters, medium sized
2 1/2 c fish or chicken stock
1 onion, sliced
4 celery stalks, with leaves
2 cloves, whole
1 bay leaf
1/4 c soft butter
1/4 c flour
3 c milk; heated
1/4 teaspoon nutmeg
1 c cream; hot but not boiling
2 tablespoons sherry
1/8 teaspoon parsley; minced
1/8 teaspoon paprika

<p>Remove the meat from boiled lobsters. Dice and reserve the body meat and mince the tail and claw meat. Crush the shells and add them to the stock along with the onion, celery, cloves and bay leaf. Simmer these ingredients for about 30 minutes and strain the stock.</p>

<p>Combine the flour and soft butter in a small saucepan and cook for about 5 minutes, but do not let flour begin to color. Gradually pour the heated milk

into this mixture. Whisk to combine thoroughly then add nutmeg. If there is coral roe, force it through a fine sieve into the mixture. Stir in the strained stock.</p>

<p>When the soup is smooth and boiling, add the lobster and simmer the bisque, adding the sherry and cover for 5 min. turning off the heat after that. Stir in the cream and season to taste. Serve at once with minced parsley and paprika, if desired.</p>