



# L o b s t e r B i s q u e



4 Servings



90 minutes

## Ingredients :

- 2 whole lobsters (about 1½ pounds each) or 4 large lobster tails
- 2 tbsp olive oil
- 2 tbsp butter
- 1 medium onion , chopped
- 2 carrots , chopped
- 2 celery stalks , chopped
- 3 garlic cloves , minced
- 2 tbsp tomato paste
- 1 tsp paprika
- ¼ cup brandy or cognac
- 4 cups fish or seafood stock
- 2 bay leaves
- 3 sprigs fresh thyme
- 1½ cups heavy cream
- Salt , to taste
- Black pepper , to taste



## Instructions :

1. Boil lobsters in salted water for about 8 minutes . Cool , remove meat , and reserve shells .
2. Heat butter and olive oil in a large pot . Cook lobster shells for 5 minutes .
3. Add onion , carrots , and celery . Cook until softened .
4. Stir in garlic , tomato paste , and paprika . Cook for 2 minutes .
5. Add brandy and simmer briefly , scraping the pot bottom .
6. Pour in stock , bay leaves , and thyme . Simmer for 30 minutes .
7. Strain the broth and discard solids .
8. Return liquid to pot , add cream , then lobster meat .
9. Simmer gently for 5 minutes . Season and serve .