

Lobster Bisque

Ingredients:

3 tbsp. Vegetable Oil
1 cup Fish Stock (or water)
3 tbsp. A/P Flour
2 Bay Leaves
2 cups Milk
½ cup minced yellow Onions
2 cups Heavy Cream
2 tbsp. minced Shallots
½ - 1 lb. Cooked Lobster meat, diced
2 tbsp. minced Celery
¼ cup minced Scallions (use green part)
1 tbsp. minced Garlic
1 tsp. Kosher Salt
½ tsp. Cayenne



Directions:

Heat oil in a large pot over medium heat. Add flour, a tbsp. at a time, stirring constantly with a wooden spoon until blended. Continue stirring 5-10 minutes, or until your roux is light brown.

Add the onions, shallots, celery, garlic, salt and cayenne and cook, stirring occasionally, until onions soften.

Slowly stir in the stock (or water), add bay leaves and bring to a boil.

Add milk and cream. Reduce heat to medium low and simmer, uncovered for 30 minutes. (Do not boil).

Stir in the lobster meat and scallions and simmer for 3-5 minutes.

Remove the bay leaves. Ladle into soup bowls. Serves 4