



## Chunky Lobster Stew

 Gluten Free

READY IN



45 min.

SERVINGS



5

CALORIES



660 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 4 bay leaves
- ☐ 2 medium carrots peeled very thin sliced
- ☐ 5 servings ground pepper
- ☐ 20 sprigs chervil fresh
- ☐ 1 pound chicken
- ☐ 5 servings croutons
- ☐ 1 pint cup heavy whipping cream
- ☐ 2 large leek white yellow cut in medium (1/2 inch) dice

- ☐ 1 medium onion roughly chopped
- ☐ 5 servings pepper black freshly ground
- ☐ 8 tablespoons butter unsalted sweet (1 stick)
- ☐ 2 large tomatoes

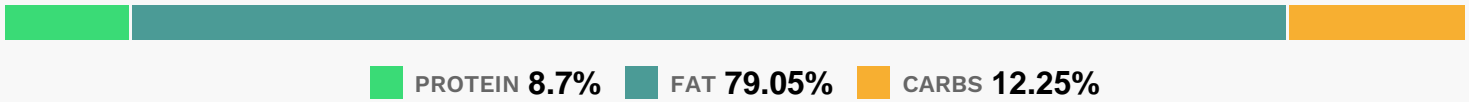
## Equipment

- ☐ sauce pan
- ☐ pot

## Directions

- ☐ Blanch the lobsters for 4 minutes in a large pot of boiling fresh sea water or salted water.
- ☐ Remove from water, punch a little hole in the top of each head and allow to drain. Break off the claws and the tail.
- ☐ Remove the tomalley from the body and set aside in the refrigerator. Shuck the meat, chop into large bite-size pieces and set aside in the refrigerator. Be sure to remove intestinal tracts from the tails.
- ☐ Place all the shell and bodies in a large saucepan and barely cover with water (about 2 1/2 quarts).
- ☐ Add the onion and bay leaves. Bring to a boil, skim, and reduce to simmer.
- ☐ Peel and seed the tomatoes.
- ☐ Put the seeds and juice into the lobster stock and cut the tomato into medium dice; set aside. Pick the chervil off the stems.
- ☐ Add the stems to the stock and coarsely chop the chervil leaves; set aside.
- ☐ After the stock has simmered for about 1 hour, add the heavy cream; simmer about 20 minutes more.
- ☐ Simmer the leeks and carrots in butter in a soup pot until they begin to get tender (about 5 minutes). Now add the tomatoes and lobster meat and simmer 2 or 3 minutes more. Strain the creamy lobster stock into the soup pot (you should have about 6 cups of liquid). Season to taste with salt, pepper and cayenne pepper and sprinkle with chervil.
- ☐ Serve with tomalley croutons.
- ☐ Jasper White's Cooking from New England by Jasper White

# Nutrition Facts



## Properties

Glycemic Index:55.97, Glycemic Load:4.08, Inflammation Score:-10, Nutrition Score:21.7099999996683%

## Flavonoids

Naringenin: 0.5mg, Naringenin: 0.5mg, Naringenin: 0.5mg, Naringenin: 0.5mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg Kaempferol: 1.22mg, Kaempferol: 1.22mg, Kaempferol: 1.22mg, Kaempferol: 1.22mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 4.97mg, Quercetin: 4.97mg, Quercetin: 4.97mg, Quercetin: 4.97mg

## Nutrients (% of daily need)

Calories: 659.5kcal (32.98%), Fat: 59.96g (92.24%), Saturated Fat: 35.3g (220.61%), Carbohydrates: 20.9g (6.97%), Net Carbohydrates: 16.78g (6.1%), Sugar: 8.38g (9.31%), Cholesterol: 187.76mg (62.59%), Sodium: 101.23mg (4.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.85g (29.71%), Vitamin A: 8594.15IU (171.88%), Vitamin K: 32.81µg (31.25%), Vitamin C: 24.14mg (29.26%), Manganese: 0.56mg (28%), Potassium: 946.87mg (27.05%), Vitamin B6: 0.51mg (25.64%), Iron: 4.35mg (24.17%), Vitamin B3: 4.53mg (22.67%), Calcium: 226.53mg (22.65%), Phosphorus: 212.39mg (21.24%), Vitamin B2: 0.36mg (21.08%), Vitamin E: 3mg (20.03%), Folate: 75.11µg (18.78%), Selenium: 12.73µg (18.18%), Fiber: 4.12g (16.47%), Magnesium: 52.9mg (13.23%), Vitamin D: 1.94µg (12.92%), Zinc: 1.85mg (12.31%), Vitamin B1: 0.16mg (10.93%), Copper: 0.19mg (9.3%), Vitamin B5: 0.88mg (8.76%), Vitamin B12: 0.32µg (5.41%)