



Creamy Corn Soup with Butter Poached Lobster & Chive Oil

 Gluten Free

READY IN



60 min.

SERVINGS



6

CALORIES



578 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 slice bacon thick cut
- ☐ 2 tablespoon unsalted butter
- ☐ 6 tablespoon chive oil (see recipe section)
- ☐ 6 cup chicken stock see
- ☐ 8 ears corn
- ☐ 0.5 cup heavy cream
- ☐ 2 sprigs sage

- ☐ 1 large shallots diced
- ☐ 8 sprigs thyme leaves
- ☐ 1 teaspoon pepper white to taste
- ☐ 1 pound yukon gold potatoes diced peeled

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ pot
- ☐ sieve
- ☐ dutch oven
- ☐ immersion blender
- ☐ kitchen twine

Directions

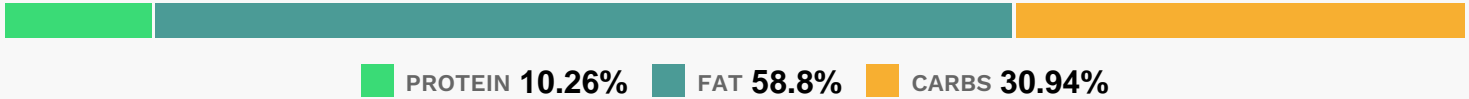
- ☐ Cut all the kernels from the cobs. Discard all but 2 of the cobs.
- ☐ Cut the remaining cobs in half crosswise.
- ☐ Heat a large Dutch oven over medium heat.
- ☐ Add the bacon slices in a single layer and cook until they have rendered their fat, but not yet browned.
- ☐ Add the butter, onions and shallots to the pot, increasing the temperature to medium-high. Sweat the onions and shallots with the bacon, stirring occasionally until they are translucent, about 5 minutes. Using kitchen twine tie the thyme, parsley and sage sprigs together in a bundle adding them to the pot.
- ☐ Add the chicken stock, potatoes, and the corn cob pieces. Season generously with salt and white pepper. Bring the mixture to a boil then lower the heat to a simmer and cook the mixture until the potatoes soften, about 20 minutes.
- ☐ Add the cream and the corn kernels, stirring to combine. Simmer about 5 minutes.
- ☐ Remove the soup from the heat and discard the bacon, herb bundle and corncobs. Then, using an immersion blender, blend the soup until completely pureed. Taste and adjust seasoning if necessary. Pass the soup through a fine meshed sieve into a sauce pan. It should

be velvety, but not too thick. Adjust with a little water or more chicken stock if needed. Gently reheat the soup.To serve: Divide the soup evenly between 6 soup bowls. Mound some of the butter poached lobster on top and drizzle each one with about 1 tablespoon chive oil.

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 Serve warm.

Nutrition Facts



Properties

Glycemic Index:34.79, Glycemic Load:9.9, Inflammation Score:-9, Nutrition Score:18.34130434368%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 578.07kcal (28.9%), Fat: 39.08g (60.12%), Saturated Fat: 12.37g (77.34%), Carbohydrates: 46.27g (15.42%), Net Carbohydrates: 41.79g (15.2%), Sugar: 12.8g (14.23%), Cholesterol: 55.49mg (18.5%), Sodium: 560.62mg (24.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.35g (30.7%), Vitamin B3: 7.73mg (38.63%), Copper: 0.71mg (35.62%), Vitamin C: 26.19mg (31.75%), Vitamin B6: 0.57mg (28.56%), Potassium: 984.61mg (28.13%), Vitamin B1: 0.4mg (26.97%), Phosphorus: 266.42mg (26.64%), Vitamin B2: 0.36mg (21.19%), Vitamin E: 3.01mg (20.06%), Magnesium: 79.29mg (19.82%), Folate: 77.48µg (19.37%), Manganese: 0.38mg (18.85%), Fiber: 4.48g (17.92%), Selenium: 11.75µg (16.79%), Vitamin A: 713.68IU (14.27%), Vitamin B5: 1.29mg (12.91%), Vitamin K: 13.25µg (12.62%), Iron: 2.18mg (12.12%), Zinc: 1.49mg (9.93%), Calcium: 42.79mg (4.28%), Vitamin D: 0.41µg (2.76%), Vitamin B12: 0.16µg (2.66%)