



Lobster and Green Chile Bisque

 Gluten Free

READY IN



120 min.

SERVINGS



6

CALORIES



581 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 1 large carrots coarsely chopped
- ☐ 2 stalks celery coarsely chopped
- ☐ 8 sprigs cilantro leaves
- ☐ 0.3 cup cooking sherry dry
- ☐ 2 ears corn fresh cold for 5 minutes
- ☐ 2 tablespoons tarragon fresh finely chopped
- ☐ 3 cloves garlic finely chopped

- ☐ 2 cups heavy cream
- ☐ 2 tablespoons honey
- ☐ 2 tablespoons juice of lime fresh
- ☐ 3 pound live lobsters
- ☐ 1 cup milk
- ☐ 1 tablespoon olive oil
- ☐ 1 medium onion spanish coarsely chopped
- ☐ 8 sprigs parsley
- ☐ 1 roasted poblano diced peeled seeded finely
- ☐ 2 roasted poblano peppers pureed peeled seeded
- ☐ 0.3 cup onion diced red finely
- ☐ 6 servings salt
- ☐ 6 servings salt and pepper freshly ground
- ☐ 3 tablespoons butter unsalted
- ☐ 0.5 cup water
- ☐ 6 servings pepper white freshly ground
- ☐ 8 peppercorns white
- ☐ 2 cups white wine

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ ladle
- ☐ oven
- ☐ knife
- ☐ sieve
- ☐ blender
- ☐ grill

Directions

- ☐ Heat butter in a large saucepan over medium heat.
- ☐ Add the onions, carrots, celery, and garlic and cook until soft. Do not allow them to obtain color.
- ☐ Plunge a knife between the eyes of the lobsters to dispatch them. Then split them in half lengthwise, and remove the sand sack. Separate into tail, claw, and chest pieces and add the sections to the vegetables.
- ☐ Add 1/2-cup water and cover the pan with a lid for 4 minutes.
- ☐ Remove lid and allow the water to evaporate, then turn off the heat.
- ☐ Remove the lobster pieces from the pan and set aside. When cool enough to handle, remove the meat from the tails and claws, and reserve the meat.
- ☐ Chop the shells into smaller pieces and return to the pan.
- ☐ Add the sherry and ignite. When the flames subside, add the wine and reduce by half.
- ☐ Add the water, parsley, cilantro, bay leaf, white peppercorns, poblano puree, and salt, to taste and cook over low heat for 20 minutes.
- ☐ Remove most of the shells and pass the soup through a sieve into a clean medium saucepan, add the reserved lobster meat and cook until reduced to 2 cups. Blend the soup in a blender in batches then strain through a sieve into a clean, medium saucepan over medium low heat.
- ☐ Place the cream and milk in a small saucepan and reduce by half.
- ☐ Add the cream and cook until just heated through and season with honey, salt and pepper. Ladle into bowls and garnish with Toasted Corn Relish.
- ☐ Preheat the oven to 400 degrees. Preheat grill to high.
- ☐ Remove ears from water. Roast corn for 10 minutes.
- ☐ Remove from the oven and grill in the husk for 15 to 20 minutes.
- ☐ Peel the husk away, and cut corn away from the cob.
- ☐ Combine the corn kernels in a medium bowl with the red onion, roasted poblano, lime juice, olive oil, and tarragon. Season with salt and pepper, to taste.

Nutrition Facts



Properties

Glycemic Index:72.85, Glycemic Load:6.07, Inflammation Score:-10, Nutrition Score:27.321304694466%

Flavonoids

Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Catechin: 0.69mg, Catechin: 0.69mg, Catechin: 0.69mg, Catechin: 0.69mg Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg Apigenin: 3.26mg, Apigenin: 3.26mg, Apigenin: 3.26mg, Apigenin: 3.26mg Luteolin: 2.98mg, Luteolin: 2.98mg, Luteolin: 2.98mg, Luteolin: 2.98mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 8.13mg, Quercetin: 8.13mg, Quercetin: 8.13mg, Quercetin: 8.13mg

Nutrients (% of daily need)

Calories: 581.31kcal (29.07%), Fat: 39.26g (60.4%), Saturated Fat: 23.25g (145.31%), Carbohydrates: 28.27g (9.42%), Net Carbohydrates: 24.76g (9%), Sugar: 16.14g (17.93%), Cholesterol: 190.23mg (63.41%), Sodium: 729.91mg (31.74%), Alcohol: 9.27g (100%), Alcohol %: 2.52% (100%), Protein: 17.17g (34.33%), Vitamin A: 4164.81IU (83.3%), Vitamin C: 59.52mg (72.15%), Selenium: 44.54µg (63.63%), Copper: 1mg (50.08%), Vitamin K: 46.11µg (43.91%), Manganese: 0.65mg (32.73%), Phosphorus: 277mg (27.7%), Vitamin B6: 0.47mg (23.39%), Calcium: 227.98mg (22.8%), Zinc: 3.2mg (21.34%), Potassium: 734.19mg (20.98%), Magnesium: 78.76mg (19.69%), Vitamin B2: 0.33mg (19.39%), Vitamin B12: 1.15µg (19.2%), Vitamin B5: 1.73mg (17.35%), Vitamin E: 2.26mg (15.06%), Fiber: 3.51g (14.06%), Folate: 52.2µg (13.05%), Vitamin B3: 2.5mg (12.5%), Iron: 2.24mg (12.44%), Vitamin D: 1.82µg (12.14%), Vitamin B1: 0.17mg (11.5%)