



Lobster Bisque

 Gluten Free

READY IN



90 min.

SERVINGS



8

CALORIES



226 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 bay leaves
- ☐ 2 teaspoons peppercorns black
- ☐ 4 tablespoons butter divided
- ☐ 1 celery stalk sliced
- ☐ 2 tablespoons cornstarch
- ☐ 0.5 cup cooking sherry dry
- ☐ 1 small fennel bulb sliced
- ☐ 4 cups fish stock

- ☐ 4 garlic cloves pressed
- ☐ 0.5 cup heavy cream
- ☐ 5 pound lobsters steamed
- ☐ 1 shallots sliced
- ☐ 8 servings garnish: thyme sprigs fresh
- ☐ 0.3 cup tomato paste
- ☐ 4 cups water

Equipment

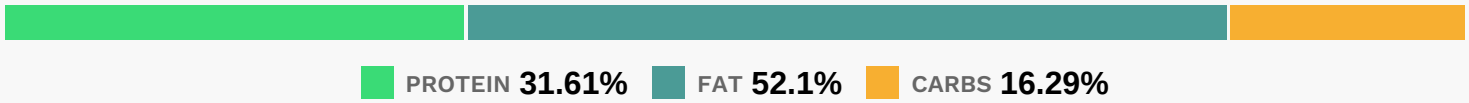
- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ sieve
- ☐ measuring cup

Directions

- ☐ Twist off claws and tails from lobsters.
- ☐ Remove and discard green tomalley and organs from bodies, reserving shells.
- ☐ Remove meat from claws and tails, reserving shells. Coarsely chop meat, and transfer to a bowl; cover and chill.
- ☐ Melt 2 tablespoons butter in a large saucepan over medium heat.
- ☐ Add lobster shells; cook, stirring occasionally, 6 to 8 minutes or until lightly browned. (The shells add flavor to the broth.)
- ☐ Add sherry, and cook 2 minutes or until liquid has almost evaporated. Stir in shallot and next 5 ingredients. Cook 3 to 5 minutes or until vegetables are tender; add fish stock and 4 cups water. Cover and bring to a boil; reduce heat to medium-low, and simmer 40 minutes.
- ☐ Pour mixture through a fine wire-mesh strainer into a large liquid measuring cup, discarding solids. Wipe saucepan clean.
- ☐ Melt remaining 2 tablespoons butter in saucepan over medium heat.
- ☐ Whisk in tomato paste and cornstarch; cook, whisking constantly, 2 minutes.

Whisk in broth mixture; bring to a boil, and reduce heat to low. Stir in cream and chopped lobster meat, reserving a few large pieces. Simmer 5 minutes or until lobster meat is thoroughly heated. Top with large lobster pieces, and garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:40.5, Glycemic Load:1.61, Inflammation Score:-8, Nutrition Score:16.637825971064%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 0.32mg, Eriodictyol: 0.32mg, Eriodictyol: 0.32mg, Eriodictyol: 0.32mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 225.51kcal (11.28%), Fat: 12.54g (19.29%), Saturated Fat: 7.38g (46.14%), Carbohydrates: 8.82g (2.94%), Net Carbohydrates: 6.99g (2.54%), Sugar: 3.11g (3.46%), Cholesterol: 132.67mg (44.22%), Sodium: 860.84mg (37.43%), Alcohol: 1.54g (100%), Alcohol %: 0.49% (100%), Protein: 17.12g (34.23%), Selenium: 52.87µg (75.53%), Copper: 1.23mg (61.6%), Vitamin K: 22.57µg (21.5%), Zinc: 3.17mg (21.13%), Phosphorus: 206.2mg (20.62%), Vitamin B12: 1.15µg (19.17%), Vitamin B3: 3.45mg (17.26%), Manganese: 0.34mg (16.9%), Potassium: 532.91mg (15.23%), Calcium: 150.2mg (15.02%), Vitamin B5: 1.32mg (13.21%), Vitamin A: 623.28IU (12.47%), Magnesium: 48.32mg (12.08%), Vitamin E: 1.71mg (11.4%), Vitamin C: 7.74mg (9.38%), Vitamin B6: 0.18mg (8.8%), Iron: 1.34mg (7.46%), Fiber: 1.82g (7.3%), Vitamin B2: 0.11mg (6.56%), Folate: 24.62µg (6.16%), Vitamin B1: 0.03mg (2.3%), Vitamin D: 0.24µg (1.59%)