



Lobster Corn Chowder

 Gluten Free

READY IN



225 min.

SERVINGS



6

CALORIES



814 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 pound bacon
- ☐ 1 teaspoon pepper black freshly ground
- ☐ 2 cups celery diced (3 to 4 stalks)
- ☐ 0.3 cup cream sherry
- ☐ 1 cup cooking wine dry white
- ☐ 3 ears corn
- ☐ 2 teaspoons chives fresh chopped
- ☐ 2 cups heavy cream

- ☐ 1 tablespoon kosher salt
- ☐ 4.5 pound lobsters split cooked
- ☐ 1 tablespoon olive oil good
- ☐ 1 teaspoon paprika sweet
- ☐ 6 tablespoons butter unsalted ()
- ☐ 4 cups milk whole
- ☐ 1 cup onion yellow chopped
- ☐ 1.5 cups onions yellow chopped (2 onions)
- ☐ 2 cups large-diced yukon gold potatoes unpeeled (2 medium)

Equipment

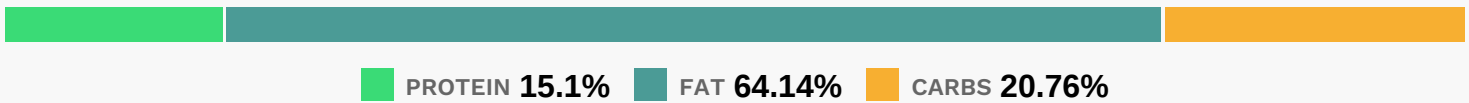
- ☐ bowl
- ☐ pot
- ☐ sieve
- ☐ plastic wrap
- ☐ slotted spoon
- ☐ dutch oven
- ☐ tongs

Directions

- ☐ Watch how to make this recipe.
- ☐ Remove the meat from the shells of the lobsters.
- ☐ Cut the meat into large cubes and place them in a bowl. Cover with plastic wrap and refrigerate. Reserve the shells and all the juices that collect.
- ☐ Cut the corn kernels from the cobs and set aside, reserving the cobs separately.
- ☐ For the stock, melt the butter in a stockpot or Dutch oven large enough to hold all the lobster shells and corncobs.
- ☐ Add the onion and cook over medium-low heat for 7 minutes, until translucent but not browned, stirring occasionally.

- ☐ Add the sherry and paprika and cook for 1 minute.
- ☐ Add the milk, cream, wine, lobster shells and their juices, and corn cobs and bring to a simmer. Partially cover the pot and simmer the stock over the lowest heat for 30 minutes. (I move the pot halfway off the heat.)
- ☐ Meanwhile, in another stockpot or Dutch oven, heat the oil and cook the bacon for 4 to 5 minutes over medium-low heat, until browned and crisp.
- ☐ Remove with a slotted spoon and reserve.
- ☐ Add the potatoes, onions, celery, corn kernels, salt, and pepper to the same pot and saute for 5 minutes. When the stock is ready, remove the largest pieces of lobster shell and the corn cobs with tongs and discard.
- ☐ Place a strainer over the soup pot and carefully pour the stock into the pot with the potatoes and corn. Simmer over low heat for 15 minutes, until the potatoes are tender.
- ☐ Add the cooked lobster, the chives and the sherry and season to taste.
- ☐ Heat gently and serve hot with a garnish of crisp bacon.

Nutrition Facts



Properties

Glycemic Index:54.96, Glycemic Load:14.74, Inflammation Score:-9, Nutrition Score:32.310869590096%

Flavonoids

Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Apigenin: 0.97mg, Apigenin: 0.97mg, Apigenin: 0.97mg, Apigenin: 0.97mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Isorhamnetin: 3.36mg, Isorhamnetin: 3.36mg, Isorhamnetin: 3.36mg, Isorhamnetin: 3.36mg Kaempferol: 1.18mg, Kaempferol: 1.18mg, Kaempferol: 1.18mg, Kaempferol: 1.18mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 14.25mg, Quercetin: 14.25mg, Quercetin: 14.25mg, Quercetin: 14.25mg

Nutrients (% of daily need)

Calories: 814.18kcal (40.71%), Fat: 56.61g (87.09%), Saturated Fat: 31.69g (198.08%), Carbohydrates: 41.23g (13.74%), Net Carbohydrates: 36.71g (13.35%), Sugar: 17.38g (19.31%), Cholesterol: 272.71mg (90.9%), Sodium: 1819.49mg (79.11%), Alcohol: 5.15g (100%), Alcohol %: 1% (100%), Protein: 29.99g (59.97%), Selenium: 71.06µg

(101.51%), Copper: 1.46mg (73.15%), Phosphorus: 517.42mg (51.74%), Vitamin A: 2209.12IU (44.18%), Vitamin B12: 2.31µg (38.57%), Calcium: 383.71mg (38.37%), Potassium: 1237.82mg (35.37%), Vitamin B6: 0.69mg (34.49%), Zinc: 5.13mg (34.21%), Vitamin B5: 3.07mg (30.67%), Vitamin C: 25.25mg (30.6%), Vitamin B2: 0.51mg (29.81%), Magnesium: 115.31mg (28.83%), Manganese: 0.49mg (24.43%), Vitamin B1: 0.35mg (23.58%), Vitamin D: 3.34µg (22.3%), Vitamin B3: 4.41mg (22.05%), Fiber: 4.52g (18.06%), Vitamin K: 18.9µg (18%), Folate: 70.49µg (17.62%), Vitamin E: 2.63mg (17.51%), Iron: 1.73mg (9.61%)