



Lobster Sauce

READY IN



45 min.

SERVINGS



3

CALORIES



700 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup butter
- ☐ 0.5 cup butter cut into pieces
- ☐ 1 carrots chopped
- ☐ 1 rib celery chopped
- ☐ 1 cup cognac
- ☐ 0.5 fennel bulb chopped
- ☐ 1 onion chopped
- ☐ 4 cups seafood stock
- ☐ 1 shells from lobster

- ☐ 3 pieces star anise
- ☐ 1 tablespoon peppercorns white

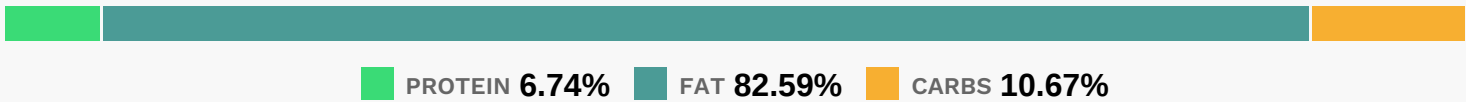
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ blender
- ☐ cheesecloth
- ☐ kitchen twine

Directions

- ☐ Wrap star anise, peppercorns, and, if desired, lobster shells in a piece of cheesecloth, and tie with kitchen string; set aside.
- ☐ Heat 1/4 cup butter in a large saucepan over medium-high heat.
- ☐ Add carrot and next 3 ingredients; cook 8 minutes or until tender.
- ☐ Deglaze pan with cognac. Cook 10 minutes or until reduced to 1/4 cup.
- ☐ Add lobster stock and spice bundle. Bring to a boil, reduce heat, and simmer 20 to 30 minutes or until reduced by half. Cool slightly.
- ☐ Remove spice bundle; puree vegetable mixture in a blender until smooth. Strain mixture, and return to saucepan; cook over low heat until thoroughly heated.
- ☐ Remove from heat.
- ☐ Whisk in 1/2 cup butter.

Nutrition Facts



Properties

Glycemic Index:104.28, Glycemic Load:2.33, Inflammation Score:-10, Nutrition Score:15.616956544959%

Flavonoids

Eriodictyol: 0.42mg, Eriodictyol: 0.42mg, Eriodictyol: 0.42mg, Eriodictyol: 0.42mg Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 7.63mg, Quercetin: 7.63mg, Quercetin: 7.63mg, Quercetin: 7.63mg

Nutrients (% of daily need)

Calories: 699.91kcal (35%), Fat: 48.43g (74.51%), Saturated Fat: 29.7g (185.64%), Carbohydrates: 14.08g (4.69%), Net Carbohydrates: 10.02g (3.64%), Sugar: 4.57g (5.07%), Cholesterol: 122.01mg (40.67%), Sodium: 1447.13mg (62.92%), Alcohol: 26.72g (100%), Alcohol %: 5.86% (100%), Protein: 8.89g (17.78%), Vitamin A: 4944.05IU (98.88%), Vitamin K: 35.85µg (34.15%), Vitamin B3: 5.07mg (25.36%), Manganese: 0.42mg (20.85%), Potassium: 628.48mg (17.96%), Calcium: 170.4mg (17.04%), Phosphorus: 168.57mg (16.86%), Fiber: 4.06g (16.25%), Vitamin E: 2.21mg (14.72%), Copper: 0.29mg (14.57%), Iron: 2.26mg (12.53%), Vitamin C: 10.25mg (12.43%), Folate: 41.53µg (10.38%), Vitamin B2: 0.17mg (10.07%), Vitamin B6: 0.15mg (7.36%), Vitamin B12: 0.42µg (7.03%), Magnesium: 24.9mg (6.23%), Selenium: 3.79µg (5.41%), Zinc: 0.73mg (4.86%), Vitamin B1: 0.05mg (3.29%), Vitamin B5: 0.3mg (2.96%)