

 100%
HEALTH SCORE

Maine Lobster with Wild Mushrooms and Rosemary Vapor



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



533 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter room temperature ()
- ☐ 0.5 cup canola oil
- ☐ 3 carrots peeled thinly sliced
- ☐ 1 fennel bulb fresh thinly sliced
- ☐ 2 pounds mushrooms wild fresh assorted stemmed cut into 1-inch pieces (such as oyster, crimini, chanterelle, and shiitake)
- ☐ 3 garlic clove halved
- ☐ 6 pound pd of lobster

- ☐ 1 onion thinly sliced
- ☐ 8 cups rosemary fresh (ten 0.66-ounce packages)
- ☐ 4 tarragon fresh
- ☐ 4 large thyme sprigs fresh
- ☐ 2 tomatoes thinly sliced
- ☐ 1 cup vinegar white

Equipment

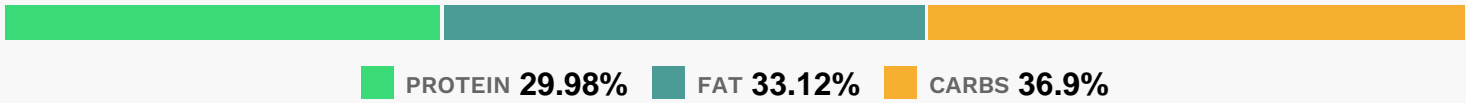
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ knife
- ☐ pot
- ☐ sieve
- ☐ blender
- ☐ tongs

Directions

- ☐ Bring 8 quarts water and vinegar to boil in 10- to 12-quart pot.
- ☐ Add 2 lobsters headfirst and cook until shells turn bright red and lobsters are just cooked through, about 11 minutes. Using tongs, remove lobsters from water. Repeat with remaining 2 lobsters. Twist claws and tails off lobsters. Crack claws and remove meat. Using kitchen shears or heavy large knife, cut lobster tails lengthwise in half; remove tail meat.
- ☐ Cut meat into large bite-size pieces.
- ☐ Place in medium bowl; cover and refrigerate. Reserve claw and tail shells.
- ☐ Using kitchen shears, cut away lobster gills. Rinse shells under cold water.
- ☐ Place in large bowl.
- ☐ Pour cold water over and soak 10 minutes.
- ☐ Drain; rinse well.

- ☐ Heat 1/4 cup oil in large pot over medium heat.
- ☐ Add lobster shells, carrots, and next 4 ingredients. Cook until vegetables begin to soften, stirring occasionally, about 15 minutes.
- ☐ Add 4 quarts water and simmer 45 minutes, stirring occasionally. Strain lobster broth into large bowl, pressing on solids. Strain broth again through fine strainer into same pot. Boil over medium-high heat until broth is reduced to 2 cups, about 1 hour. (Can be made 1 day ahead. Cool slightly; chill broth and lobster meat separately.)
- ☐ Bring 1 quart water to boil in tea kettle.
- ☐ Place 2 cups rosemary in each of 4 large bowls; place on table.
- ☐ Melt 2 tablespoons butter with 1/4 cup oil in large skillet over medium-high heat.
- ☐ Add mushrooms, thyme, and garlic and sauté until mushrooms are tender, about 6 minutes; discard thyme and garlic.
- ☐ Add lobster and 1/2 cup butter to skillet and heat through, about 3 minutes.
- ☐ Meanwhile, bring lobster broth to simmer in small saucepan.
- ☐ Pour hot lobster broth into blender; add 1 cup butter. Blend until butter is melted and mixture is frothy, about 30 seconds. Divide lobster mixture among 4 shallow bowls.
- ☐ Pour butter sauce and foam over lobster mixture and serve.
- ☐ Pour 1 cup boiling water into each bowl of rosemary to create vapor.
- ☐ Use kitchen shears to cut the lobster shells.

Nutrition Facts



Properties

Glycemic Index:125.96, Glycemic Load:13.18, Inflammation Score:-10, Nutrition Score:63.97304342104%

Flavonoids

Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 6.21mg, Quercetin: 6.21mg, Quercetin: 6.21mg, Quercetin: 6.21mg

Nutrients (% of daily need)

Calories: 532.91kcal (26.65%), Fat: 21.26g (32.71%), Saturated Fat: 8.13g (50.8%), Carbohydrates: 53.28g (17.76%), Net Carbohydrates: 26g (9.45%), Sugar: 11.79g (13.1%), Cholesterol: 257mg (85.67%), Sodium: 954.73mg (41.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.3g (86.61%), Selenium: 145.81µg (208.3%), Vitamin A: 10007.93IU (200.16%), Copper: 3.68mg (184.21%), Fiber: 27.28g (109.11%), Iron: 17.01mg (94.52%), Calcium: 862.49mg (86.25%), Manganese: 1.56mg (78.09%), Vitamin B6: 1.5mg (74.89%), Vitamin B2: 1.23mg (72.42%), Vitamin C: 57.12mg (69.24%), Zinc: 9.93mg (66.19%), Vitamin B5: 6.53mg (65.3%), Vitamin B3: 13.05mg (65.23%), Potassium: 2183.39mg (62.38%), Folate: 247.37µg (61.84%), Phosphorus: 615.22mg (61.52%), Magnesium: 229.76mg (57.44%), Vitamin K: 52.27µg (49.78%), Vitamin B12: 2.48µg (41.4%), Vitamin B1: 0.55mg (36.52%), Vitamin E: 3.8mg (25.35%), Vitamin D: 0.45µg (3.02%)