



Open-Fire Caldron of Lobster Stew

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



439 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup brandy
- ☐ 3 carrots chopped
- ☐ 3 rib celery chopped
- ☐ 1 gallon chicken broth
- ☐ 5 sprigs thyme leaves fresh
- ☐ 3 leeks chopped
- ☐ 3 pound live lobsters
- ☐ 1 pound lobster mushrooms sliced

- ☐ 1 quart milk
- ☐ 3 parsnips cut in half
- ☐ 6 servings salt and pepper to taste
- ☐ 2 shallots sliced
- ☐ 0.3 cup butter unsalted

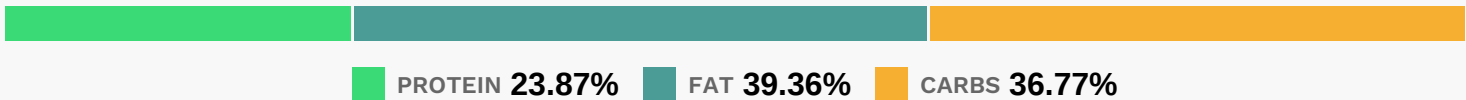
Equipment

- ☐ bowl
- ☐ dutch oven

Directions

- ☐ Melt butter in a large Dutch oven over medium-high heat.
- ☐ Add leeks and next 4 ingredients; saut 10 minutes or until tender.
- ☐ Add parsnips and next 4 ingredients; bring to a boil.
- ☐ Plunge lobsters headfirst into boiling broth mixture; return to a boil. Reduce heat, and simmer 8 to 10 minutes or until lobsters are done.
- ☐ Remove lobsters, and cool.
- ☐ Remove arms and claws from lobsters; cut lobsters in half lengthwise.
- ☐ Remove intestinal vein, eyes, and antennae; discard.
- ☐ Return broth mixture to a boil; reduce heat, and simmer, uncovered, 40 minutes or until mixture is reduced by half.
- ☐ Add salt and pepper to taste. Return lobster to broth, and cook until thoroughly heated.
- ☐ Spoon broth mixture evenly into 6 large serving bowls; arrange lobster pieces in each.
- ☐ Serve with crusty bread.

Nutrition Facts



Properties

Glycemic Index:53.81, Glycemic Load:11.74, Inflammation Score:-10, Nutrition Score:36.924782296886%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Kaempferol: 1.26mg, Kaempferol: 1.26mg, Kaempferol: 1.26mg, Kaempferol: 1.26mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg

Nutrients (% of daily need)

Calories: 439.33kcal (21.97%), Fat: 17.8g (27.38%), Saturated Fat: 9.72g (60.74%), Carbohydrates: 37.42g (12.47%), Net Carbohydrates: 30.82g (11.21%), Sugar: 19.37g (21.52%), Cholesterol: 139.31mg (46.44%), Sodium: 2907.53mg (126.41%), Alcohol: 6.68g (100%), Alcohol %: 0.75% (100%), Protein: 24.28g (48.57%), Vitamin A: 6465.14IU (129.3%), Selenium: 55.04µg (78.63%), Copper: 1.37mg (68.59%), Vitamin B2: 0.98mg (57.85%), Manganese: 1.1mg (55.15%), Phosphorus: 442.9mg (44.29%), Vitamin K: 43.95µg (41.85%), Potassium: 1223.56mg (34.96%), Calcium: 348.87mg (34.89%), Vitamin B5: 3.35mg (33.5%), Vitamin B3: 6.35mg (31.74%), Vitamin B12: 1.82µg (30.39%), Zinc: 4.38mg (29.17%), Vitamin C: 23.92mg (28.99%), Vitamin B1: 0.42mg (27.91%), Folate: 109.17µg (27.29%), Fiber: 6.6g (26.4%), Magnesium: 98.16mg (24.54%), Vitamin B6: 0.49mg (24.45%), Vitamin E: 2.95mg (19.69%), Iron: 2.73mg (15.15%), Vitamin D: 2.08µg (13.84%)