



Scott DeSimon's Lobster Stew

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



340 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon brandy
- ☐ 2 cups half and half
- ☐ 4 servings kosher salt
- ☐ 2.5 pound pd of lobster (female if you have a choice; you want the roe)
- ☐ 1 large shallots chopped
- ☐ 4 servings all the tabasco sauce you handle
- ☐ 2 sprigs thyme leaves
- ☐ 4 tablespoons butter unsalted divided ()

- ☐ 4 servings pepper white freshly ground

Equipment

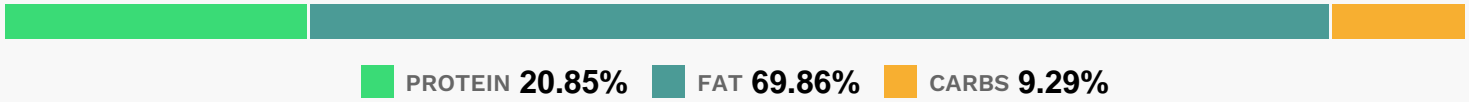
- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ pot
- ☐ sieve

Directions

- ☐ Bring 3 cups water to a boil in a large pot.
- ☐ Add lobsters and cook until shells are red but meat is not yet cooked through, about 5 minutes.
- ☐ Remove lobsters; reserve cooking liquid. When cool enough to handle, crack lobsters over a large bowl to catch liquid; separate meat from shells.
- ☐ Cut meat into bite-size pieces; set aside meat and shells separately.
- ☐ Combine liquid from shells with cooking water in a large measuring cup; you should have 3 cups liquid (add water if needed). Set liquid aside. If lobsters are female, remove roe; set aside. (The roe sac is dark green when raw, red when cooked. The lobsters are half-cooked, so it will be green with pink around the edges.) Discard soft, pale green tomalley.
- ☐ Melt 2 tablespoons butter in a wide heavy pot over medium heat.
- ☐ Add shallot and cook, stirring occasionally, until shallot is soft, about 5 minutes.
- ☐ Add lobster shells and cook, turning occasionally, until lightly browned in spots and very fragrant, about 8 minutes.
- ☐ Remove pan from heat and add brandy. Return to heat and cook until brandy has almost evaporated.
- ☐ Add lobster cooking liquid and thyme sprigs and simmer until liquid is reduced by one-third, 8–10 minutes. Strain stock; discard solids in strainer. You should have about 2 cups stock.
- ☐ Melt remaining 2 tablespoons butter in same wide heavy pot over medium heat.
- ☐ Add roe, if using; mash and stir into butter until roe turns red, about 30 seconds.
- ☐ Add lobster meat; cook until just heated through, about 1 minute.

- ☐
- Add stock and bring to a simmer.
- ☐
- Remove stew from heat; stir in half-and-half.Season with salt, a small pinch of pepper,and a dash of Tabasco.
- ☐
- Let cool; cover andchill overnight to allow flavors to meld.
- ☐
- Rewarm stew gently over low heat,stirring occasionally (do not simmer or thelobster will become tough and cream mayseparate). Ladle into warm bowls and serve.

Nutrition Facts



Properties

Glycemic Index:22.5, Glycemic Load:0.28, Inflammation Score:-7, Nutrition Score:15.026956667071%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg

Nutrients (% of daily need)

Calories: 339.61kcal (16.98%), Fat: 25.92g (39.88%), Saturated Fat: 15.86g (99.11%), Carbohydrates: 7.76g (2.59%), Net Carbohydrates: 6.96g (2.53%), Sugar: 5.5g (6.11%), Cholesterol: 173.26mg (57.75%), Sodium: 608.49mg (26.46%), Alcohol: 1.25g (100%), Alcohol %: 0.7% (100%), Protein: 17.41g (34.82%), Selenium: 54.63µg (78.05%), Copper: 1.11mg (55.57%), Phosphorus: 254.07mg (25.41%), Zinc: 3.35mg (22.3%), Calcium: 209.27mg (20.93%), Vitamin B12: 1.25µg (20.77%), Vitamin A: 805.54IU (16.11%), Vitamin B5: 1.54mg (15.36%), Vitamin B2: 0.26mg (15.12%), Magnesium: 46.47mg (11.62%), Potassium: 347.48mg (9.93%), Vitamin E: 1.32mg (8.8%), Vitamin B6: 0.17mg (8.45%), Manganese: 0.16mg (8.01%), Vitamin B3: 1.43mg (7.14%), Iron: 0.72mg (4.01%), Vitamin B1: 0.06mg (3.84%), Folate: 14.54µg (3.64%), Vitamin C: 2.88mg (3.5%), Fiber: 0.79g (3.18%), Vitamin K: 2.61µg (2.48%), Vitamin D: 0.21µg (1.4%)