

Seafood Bisque

as of 4/17/2013

Serves apx. 4-8 from generous first course down to appetizer size.

This is a work in progress...re-download this recipe again when I make modifications, look for a later date above. The preferred flavor here is lobster but substitutions can be made!

3-4	Whole lobsters (1 – 1 ½ pounders), minus their tails (reserve the tails for a separate meal)
2-3	Bay Leaves
4 c.	Water
½ t.	Thyme
½ t.	Salt
6	Whole peppercorns
	also some celery leaves if you have them, up to ½ c.
1 c.	Onion, shallots or leeks, minced
½ c.	carrots, minced
1 c.	celery, minced
2 c.	cooked lobster meat, chopped – may also supplement or substitute (any of these in cooked form and chopped) shrimp, crabmeat, salmon
2	shrimp or vegetable or chicken bouillon cubes (or similar stock base)
4 oz.	Butter
¼ c.	Flour
2 c.	Combination of whole milk, heavy cream, half-and-half (whatever you have, the richer the dairy – the richer your bisque)
¼ c.	Tomato paste
½ c.	Cognac, brandy, dry sherry or white wine
1-2 T.	Minced parsley for garnish (optional)
	White pepper to taste

Place the lobsters, bay leaves, salt, thyme, peppercorns, and celery leaves if you have them, and water in a large heavy pot. Bring to a boil, then reduce heat and simmer, covered, for about 10 minutes or until shells turn bright red. Finely strain all cooking liquid and reserve the liquid. (This can be stored in refrigerator for a day or frozen for a longer time – for future use.). 3-4 cups of fish stock could be substituted if you don't have whole lobsters. OR reserve shrimp heads and shells from approx. 1 KG of fresh shrimp, and cook them instead of the lobster bodies.

Remove lobster bodies, rinse in cold water so they are cool enough to handle. Extract the meat from the body cavities (there won't be a lot) and claws if any, and larger legs, make sure there are no shell particles in it, chop it and set it aside. (This can be stored in refrigerator for a day or frozen [WRAP AIR-TIGHT] for a longer time – for future use.)

In the heavy pot, melt butter and saute onion/shallot, carrots and celery until tender. At low heat or even off the burner if necessary, add the flour and whisk mixture smooth to create a roux. Slowly add the reserved stock and bouillon cubes. Bring to a boil until the liquid thickens.

Stir in the dairy and tomato paste, reduce heat to simmer on low until all is heated, about 5 minutes. Add the seafood and liquor, heat through for approximately 3 minutes.

Serve.