



Lobster Bisque

INGREDIENTS:

2 cups finely chopped white onion
2 teaspoons minced garlic
2 cups peeled and coarsely chopped carrot
2 bay leaves
5 stalks of fresh thyme
8-10 lobster tail shells (or 4 whole lobster shells)
2 cups white wine
2 cups canned diced tomatoes
9 cups low sodium chicken stock
1 1/2 cups fat free half and half
4 ounces fat free cream cheese
3 tablespoons cornstarch
1 cup good quality sherry
salt and white pepper to taste
freshly chopped parsley

PREPARATION:

- Steam or poach lobster in the shell. Cool, remove and reserve meat. Reserve shells
- Heat a large soup pot to medium, add onion, garlic, carrot, bay leaf and thyme and gently sweat for 10 minutes. Do not brown.
- Add lobster shells, wine and tomatoes and simmer 10 minutes
- Add chicken stock and bring mixture to a boil. Reduce to simmer and cook 30 minutes
- Remove from heat and let cool. Process the soup in batches using a food mill...yes, the shells too!
- Return soup to the pot and bring to a simmer
- Blend half and half with cream cheese and corn starch until totally smooth
- Pour milk mixture into the simmering soup a little at a time, whisking continually to a semi-thick texture
- Adjust seasoning with salt, white pepper and more sherry as needed

To Serve: Ladle 1 cup of Bisque into a heated soup bowl. Garnish with warmed chopped lobster meat and a dash of chopped parsley

Yield: 10 cups

Calories per 1 cup serving: 140

Fat grams: 2

