

LOBSTER and SEAFOOD BISQUE

www.DoreensKitchen.com
made with homemade Seafood Broth



SEAFOOD INGREDIENTS:

4-6 oz Lobster tail, baked (see directions below)

If NOT using Lobster then you will need: 4 oz. BABY Shrimps and 4 oz. Imitation Crab Meat

OR diced up COOKED Shrimp and about 1 cluster of Crab Legs, defrosted, and boiled for a few min, removed from shell, then diced up

OR If you want to SUPERSIZE it, add any variety of Shrimp and Crab diced WITH Lobster Meat.

BROTH INGREDIENTS

1 Cup Seafood Broth (or you can use Chicken Broth)

(about 2-3 LEFTOVER Lobster SHELLS wrapped up in Cheesecloth, put in pot and covered with water. Bring to boil, cover and simmer for about an hour. Remove and discard shells. Drain OVER A BOWL using a fine meshed collander. Use 1 Cup of this Broth; freeze the rest, marking the containers so you know it's Seafood broth)

OTHER SOUP INGREDIENTS:

about 4 ounces each of Crab and salad Shrimps, (and Lobster meat optional)

about 1/4 Cup Flour

1/3 rd stick of Butter

1/2 to full shot of Brandy

1-2 Garlic cloves, finely diced

pinch of Salt and Pepper

and about 1 Cup of HEAVY Whipping Cream

about 1/4 cup Tomato Sauce

(small splash of Sherry is optional; make sure it's cooking Sherry)

DIRECTIONS:

With a very sharp knife or poultry shears, cut through the top of the lobster tail shell, making your way to the tail section. With your fingers, wriggle the meat free, and pull out so it rests on top of the shell. Thoroughly rinse. Put on top of a foil lined pie or cake pan with a bit of water underneath (to steam the bottom of the shell) You can then either saute or microwave a bit of Butter with a dash of Tabasco Sauce, and pour over the top of the Lobster. Holding the Paprika up high, put a dash over the top. Bake 350°F for about 15 min, making sure the Lobster meat is all white. Plate with all the juices and set aside. When it is cooled down enough, you can dice and put into the making of the sauce, or for a nice touch, sprinkle diced Lobster over the top of the soup when serving.

Now put the Seafood, Garlic with dash of Salt and Pepper in large saute pan with butter and saute on low flame till Butter is thoroughly melted.

Now flambe with the Brandy.

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NOTE: When flambeing, have hair and sleeves far away. Make sure your sauce is hot, pour in liquor, tilt pan towards flame and voila. If you have an electric stove (ugh) you can light a spaghetti noodle and stick it into the pan to flambe. Always remove the pan from the stove before pouring in the liquor. IF you start a fire (omg) use another pan to cover so it doesn't spread, or use baking soda to put it out. Just be careful. When the flame will dwindle add the Flour to the sauce and stir in. Then pour the Seafood Broth (or Chicken Broth) and stir more. The sauce will be getting thick. Add the Heavy Whipping Cream and simmer for about 5 minutes till very thick. Add the Tomato Sauce and stir. Put in a small splash of COOKING Sherry if desired. Pour into bowl and eat with crusty Bread.