

CUBAN LOBSTER BISQUE

Last Modified: 03/20/2017

PREP: 30 Min
COOK: 30 Min
STOVETOP

F MEDIUM

SOUP-SEAFOOD

MAKES 4 SERVINGS

QUA	MEASURE	INGREDIENT	PROCESS
2	Chix	Whole Live Lobsters	Chopped
3	Tbsp	Lobster Base (Superior Touch)	
1	Stick	Unsalted Butter	
1	Medium	Sweet Onion	Fine Dice
4	Tbsp	All Purpose Flour	
6	Cups	Whole Milk	
1	Tsp	Fresh Grated Nutmeg	
1	Large	Starchy Potato (Idaho / Russet)	Mashed
3	Tbsp	Dry White Wine (Chablis) Or Sherry (Holland House)	
1	Cup	Heavy Cream	
4	Stalks	Green Onion (Greens)	Thin Sliced
1 +/-	Pinches	Cayenne Pepper	To Taste
1 +/-	Pinches	Kosher Salt	To Taste
1 +/-	Pinches	Fresh Ground Black Pepper	To Taste

PREPARATION

FACTOID	I really enjoyed this mildly spicy Cuban Soup (Crema de Langosta) at a Cuban Restaurant in Detroit when we all went to see the Ballet Cinderella (Rodgers & Hammerstein version) at the Detroit Opera House. Not your traditional Ballet with FANTASTIC music..
TOOLS	1) Large Stock Pot & Lid 2) Wooden Spoon
PREP	DISH 1) Finely dice the Sweet Onion and set it aside. 2) Finely Slice the Green Onion Greens and set them aside. 3) Peel, cube and boil the Potato, Mash it until smooth and set it aside.
1	In a large stock pot over high heat, 3/4 filled with boiling heavily Salted Water, add in the Lobsters head first and cook them for 3 minutes. Remove the bright red Lobsters and set them aside to cool.
FACTOID	How do you tell when your Lobster is cooked properly? EASY - small spots will appear on the top surface of the CLAWS.
2	Remove the Meat, leave the 4 Claw Meats whole, chop the Tail, Arm and Leg Meats.
3	Heat the Butter in the stock pot over medium low heat until it is just melted. Add in the Onions and cook while stirring with a wooden spoon until transparent. Stir in the Flour until the white and any lumps are gone. Whisk in the Milk, Nutmeg, Mashed Potatoes and Lobster Base until the mixture is smooth. Season to taste with Cayenne Pepper, Salt and Pepper. Bring to a simmer and cook for 10 minutes, stirring occasionally.
4	Reduce the heat to low, stir in the cut Lobster Meat, reserving the Claw Meat, Sherry and Cream, and simmer it for 10 minutes more.
5	Ladle the Bisque into serving bowls, Sprinkle the top generously with Green Onion Slices and carefully float a Lobster Claw on top in the center.
SERVE	Serve while hot with slices of Crusty Bread on the side.