

# LOBSTER BISQUE

SERVES 2

## INGREDIENTS

1 whole 750–1kg cooked lobster  
Butter  
1 medium onion, finely chopped  
Blade mace  
1 garlic clove, finely chopped  
1 carrot, diced  
1 bay leaf  
3 sprigs thyme  
200g tinned chopped tomatoes  
Dash brandy  
Dash white wine  
50ml double cream  
750ml fish stock  
Handful parsley, chopped



- Remove the meat from the lobster according to the instructions on page 13 of the book, then roughly chop and set aside.
- Melt a knob of butter in a heavy-based casserole dish, then sauté the onion, mace, garlic, carrot, bay leaf and thyme for 5–10 minutes, stirring occasionally, until soft. Pour in the tomatoes and brandy, and cook for another 5 minutes.
- Add the meat to the casserole dish, but keep some claw meat back to garnish.
- Increase the heat to medium-high and pour in the white wine and double cream. When the mixture starts to bubble, reduce the heat to low and cover. Cook for 10 minutes.
- Pour in the fish stock or the liquid in which you boiled the lobster, and take out the bay leaf and thyme.
- Purée the soup with a hand blender and strain it through a muslin gauze. Add in a knob of butter and return to the stove to warm through. Season to taste.
- Serve garnished with the parsley and the reserved claw meat.