

Lobster Newburg

Yield: 6 min
Total Time: 80 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-living-lobster-newburg-recipe>

Ingredients:

- 3 lobsters 1 1/4 pounds each
- 4 tablespoons unsalted butter
- 1 onion medium, coarsely chopped
- 2 stalks celery coarsely chopped
- 2 leeks medium, white and pale-green parts, well washed
- 4 carrots medium
- 8 fresh tarragon
- 2 tablespoons all-purpose flour
- 1/4 cup dry sherry
- 2 teaspoons tomato paste
- 1/2 cup heavy cream
- 1 teaspoon salt
- 1/8 teaspoon ground black pepper freshly
- 1 large egg yolk

Nutrition:

1. Calories: 290 calories
2. Carbohydrate: 15 grams
3. Cholesterol: 160 milligrams
4. Fat: 18 grams
5. Fiber: 2 grams
6. Protein: 17 grams
7. SaturatedFat: 11 grams
8. Sodium: 740 milligrams
9. Sugar: 5 grams

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