

Restaurant Quality Lobster Bisque

Yield: 4 min
Total Time: 90 min

Recipe from: <https://www.recipeschoose.com/recipes/bravo-italian-restaurant-lobster-bisque-recipe>

Ingredients:

- 2 lobsters live, about 3 lbs. total
- 2 teaspoons kosher salt
- 2 tablespoons olive oil
- 1 carrot chopped
- 2 rib celery chopped
- 1 medium onion chopped
- 2 cloves garlic crushed
- 1 teaspoon dried tarragon
- 1 teaspoon dried thyme
- 3 tablespoons tomato paste
- 1/8 teaspoon cayenne pepper or white pepper
- 1 1/2 cups sherry
- 3 cups clam juice or fish stock
- 1/2 cup long-grain white rice
- 1 cup heavy cream

Nutrition:

1. Calories: 1320 calories
2. Carbohydrate: 151 grams
3. Cholesterol: 195 milligrams
4. Fat: 60 grams
5. Fiber: 2 grams
6. Protein: 50 grams
7. SaturatedFat: 23 grams
8. Sodium: 4040 milligrams
9. Sugar: 30 grams

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