

# LOBSTER BISQUE

FOR 2 PACKS OF 3-4 OZ RAW SHELL-OFF TAILS (SERVES 2)



## INGREDIENTS:

- 2 packs** 3-4 oz Clearwater Raw Shell-off Lobster Tails (86 – 113 g)
- 65 g** Butter
- 1 g** Fennel
- 1** Bay leaf
- 20 g** Minced shallot
- 125 g** Semi-dry white wine
- 10 g** Tomato paste
- 1 g** Paprika
- 250 mL** Cream
- 15 g** Crème fraiche

## INSTRUCTIONS:

1. Thaw Clearwater Raw Shell-off Lobster Tails in a refrigerated environment at 32 to 39°F (0 to 4°C) for 6 to 24 hours.
2. Fill a pot with water. Cover the pot with a lid and heat until the water comes to a rolling boil.
3. Once the water has come to boil, place in the lobster tails.
4. Reduce the heat and simmer the lobster tails in the bag for 6 to 7 minutes.
5. Once cooked, allow lobster tails to rest for 3 to 5 minutes and remove from bag. Use immediately or chill/refrigerate for up to 24 hours.
6. Drain remaining liquid from the bag and set aside.
7. Set a sauté pan on medium heat.
8. Add 60 g of butter, fennel and minced shallot. Gently warm for approximately 5 minutes and until the shallots are translucent.
9. Add semi-dry white wine to the pan. Let it simmer for 3 more minutes to allow the alcohol to cook off.
10. Whisk in tomato paste and paprika. Allow sauce to simmer for another 5 minutes.
11. To finish the sauce, whisk in cream and the remaining butter.
12. Strain the sauce to remove bay leaf and shallots.
13. Season the bisque to taste and slice the lobster tails into ¼ inch slices. Place into soup plate.
14. Pour the bisque around the lobster medallions and serve with a drizzle of crème fraiche.



**REMARKABLE SEAFOOD,  
RESPONSIBLE CHOICE**

[clearwater.ca](http://clearwater.ca)



Clearwater is proudly Indigenous, committed to creating a sustainable seafood future for generations to come.