

HOW TO MAKE LOBSTER STOCK

*Lobster Stock is a necessary ingredient in such dishes as **Lobster Bisque**, **Seafood Stew** and **Lobster Risotto**. Because it is often easier to buy the "picked" lobster meat for these dishes, when I do have the opportunity to make the stock, I typically make a batch and freeze it. It freezes well and keeps for 2-3 months.*

Step 1:

Cook lobster in large pot of simmering salted water until cooked through, about 10 minutes. I spared you the picture of me dropping the live sea-bugs in the boiling vat of water.

Step 2:

Immediately transfer to a bowl of ice water to shock and stop the cooking process. Drain lobster.

Step 3:

Remove meat from shells; reserve shells. Cut meat into 1/2-inch pieces and reserve (or freeze, if you're not planning on using immediately)

Step 4:

Preheat oven to 425F. Break shells into large pieces and place on baking sheet; bake 15 minutes. Note: if you are adverse to the smell of seafood, open windows as the lobster smell can be very intense.

Step 5:

Blend shells with 1 1/2 cups chicken broth per lobster in blender until finely chopped (so in this instance, 3 cups of stock was used for 2 lobsters worth of shells). This is very noisy.

Step 6:

Strain through fine sieve lined with a number of layers of cheese cloth. Save lobster broth; discard shells.