

Brown-Butter Lobster Bisque

Ingredients:

- 3 fresh lobster tails
- 1 tsp. salt
- 2 Tbs unsalted butter
- 1 small yellow onion, chopped
- 4 garlic cloves, chopped
- 1 cup parsnip, chopped
- 2 celery stalks, chopped
- 1/2 tsp. creole seasoning, optional (for a little kick)
- 1 tsp. Old Bay Seasoning
- 1/2 cup dry white wine
- 1 bay leaf
- 32 oz. seafood stock
- 1 cup cooked rice or quinoa
- 1/4 cup heavy cream
- fresh cilantro and/or chives for a garnish

In a large dutch oven, boil enough water to cover lobster tails. Add salt, and once water comes to a boil, submerge lobster tails and let cook for around 6 minutes. Remove and place the lobster tails directly in an ice bath to stop the cooking. Once cooled, remove the lobster meat, chop into bite-sized pieces, and set aside.

Spill water out of the dutch oven and add the butter. Cook butter over medium heat, stirring frequently, until it has melted and turned a rich golden-brown color. Add onions, garlic, parsnip, and celery. Turning heat to medium-high, cook for 5 to 6 minutes, stirring frequently, until the vegetables are tender. Add creole, Old Bay, white wine, and bay leaf. Cook for another 5 minutes. Add seafood stock and rice. Stir until heated through. Remove bay leaf. In batches, transfer soup to a blender. Remove center piece from lid so steam can escape. Using a towel to cover the lid, blend soup mixture until smooth. Repeat until all soup is blended. Pour blended soup back into the dutch oven and add heavy cream. Cook until heated through. Ladle soup in shallow bowls and add lobster meat. Garnish with cilantro or chives and enjoy!

This delicious recipe can be found on the website *Points In My Life*
(www.pointsinmylife.com)

"A Sunday well spent brings a week of content." - Anonymous