

## MAINE LOBSTER STEW

### INGREDIENTS

for lobster stock

3 cooked lobster carcasses, meat and head sac removed  
3 quarts water  
1 1/2 cups white wine dry  
2 cups fresh tomatoes (or cherry tomatoes, halved)  
2 large onions diced  
4 carrots diced  
6 cloves garlic crushed  
6-8 sprigs fresh thyme  
3 bay leaves  
2 teaspoons black peppercorns  
Sea salt to taste

for the stew

3 tablespoons butter  
2-3 tablespoons lobster tomalley (optional, but delicious)  
1 medium shallot, very finely diced  
2 cups lobster stock  
1 tablespoon Better than Bouillon Lobster Broth Base  
1/4 cup dry sherry  
4 tablespoons mashed potato powder  
2-3 cups heavy cream or half and half  
2 cups lobster meat cooked, cut into small chunks  
1 1/2 pounds baby red potatoes, about 1 inch in size (or cut to a spoon size, if larger)  
Salt and pepper to taste  
parsley or chives, very finely chopped (optional)

### DIRECTIONS

Put the carcasses (including head, body, legs, tails and tomalley) in an 5-8 quart stock pot and cover with water. Bring to a boil and skim scum that forms on the surface. Add everything else (except the salt), turn down the heat and simmer assertively (meaning more than a gentle simmer but less than a full boil) for about one hour. Keep the cover off and let the water evaporate and the broth cook down by a few quarts. Taste and lightly salt the broth. It should have a pronounced lobster flavor with a delicate hint of the herbs and veggies. If it's still too watered down continue simmering for another 15-20 minutes. Strain with a fine mesh strainer. Chill and transfer to storage containers in the fridge. Freeze whatever you won't use within 3 days.

In a small pot of salted water, cook your potatoes. They should be tender but not mushy. Drain and set aside

Melt butter over medium heat and add shallots and the optional tomalley. Sauté about 3-5 minutes or until shallots are softened and translucent. Add the sherry, lobster stock, lobster bullion base, and simmer for 3-5 minutes. Add 2 cups of heavy cream and the mashed potato powder. You will see the soup base thicken substantially. Add lobster meat and potatoes and simmer for a few more minutes. Stir well and taste. If you desire a creamier flavor, add more heavy cream, up to another full cup (for 3 cups total). Add the herbs immediately before serving, if using.