

## Lobster Bisque

Serves 4

1 rounded teaspoon salt  
1 (1 3/4- to 2-pound) live lobster  
2 tablespoons olive oil  
1 medium onion, sliced  
1 small carrot, sliced  
1 stalk celery, sliced  
2 thyme sprigs  
1 clove garlic, sliced  
2 tablespoons tomato paste  
Pinch of cayenne pepper, or to taste  
1 bay leaf  
1 cup dry white wine  
1/4 cup cream sherry  
2 tablespoons soft, unsalted butter  
3 tablespoons flour  
1 cup heavy cream.

1. In an 8- to 10-quart pot over high heat, bring 2 inches of water to a boil. Add the salt and the lobster, head first, and cover the pot. Adjust the heat to gentle boil, and steam for 15 to 18 minutes, or until the shell is bright red and an antenna is easily released when you pull on it. With tongs, remove the lobster and set it on a rimmed baking sheet to cool. Reserve the cooking liquid.
2. When the lobster is cool, hold it over a bowl or a rimmed baking sheet to catch the juices, and remove the meat from the claws and tail. Coarsely chop the meat and refrigerate it until ready to use. Using kitchen shears, cut the shells and body into 2-inch pieces.
3. In a soup pot over medium heat, heat the oil. Add the lobster pieces and cook, stirring often, for 5 minutes. Stir in the onion, carrot, celery, thyme sprigs and garlic. Cook, stirring often, for 5 minutes. Stir in the tomato paste, cayenne pepper and bay leaf, and cook for 2 minutes longer. Add 4 cups of the lobster cooking water, lobster juices and the wine. Bring to a simmer and cook, covered, for 45 minutes.
4. Set a colander over a clean pot and strain the broth into the pot. Discard the shells. Set the pot over medium heat. Add the sherry and bring to a simmer.
5. In a small bowl, stir the butter and flour together until smooth. Whisk it into the simmering broth and gently simmer for 10 minutes. Add the cream, and bring to a simmer. Stir in the lobster meat, and cook for another 2 to 3 minutes, or until the bisque is hot all the way through.
6. Ladle into bowls and serve.