



Spiny Lobster Pumpkin Bisque

90 min

CA

6-8

Ingredients

Bisque

- 1 whole spiny lobster
- 1 large white or yellow onion, chopped
- 3 medium carrots, chopped
- 3 stalks celery, diced
- 4 cloves garlic, smashed
- 3 tablespoons tomato paste
- 3 tablespoons canned pumpkin
- 3 tablespoons all-purpose flour
- 3 tablespoons unsalted butter
- 1/3 teaspoon ground nutmeg

1/3 teaspoon ground cinnamon
1 teaspoon cayenne pepper
1 1/2 cups dry white wine, divided
1/2 cup dry sherry
6 cups lobster stock
1 sprig fresh tarragon
1 cup heavy cream
1 teaspoon lemon juice
Salt and fresh cracked pepper to taste
Salted pepitas (optional) for garnish

Stock

Lobster head, shells, legs
2 cloves garlic, smashed
3 tablespoons unsalted butter
1 bay leaf
10 cups water

Lobster stock

Note: The lobster stock can be made ahead of time with shells you've saved (frozen) from past spiny lobster meals or as follows.

Steam whole spiny lobster for 8 to 10 minutes.

Remove tail meat and reserve in refrigerator for bisque.

Add the rest of the lobster, legs and all, to a countertop blender and add 1 cup white wine, 1 cup water.

Blend in pulses — avoid grinding shells down to dust. Stop when largest pieces of lobster are fragmented into pieces around 1 inch across.

Add slurry and lobster shell fragments to a large stockpot over medium-high heat.

Bring to a boil, then turn down heat to simmer when liquid has mostly evaporated off. Add 3 tablespoons of unsalted butter and sauté lobster shells, stirring frequently, for 3 minutes.

Add 10 cups of water and 1 bay leaf to shells in stockpot and bring to a boil, then turn down to simmer for 1 hour or longer.

Strain solids and use stock in bisque.

Bisque

At the bottom of a large stockpot over medium-low heat, sauté garlic, onion, carrots, and celery with 2 tablespoons unsalted butter for 10 minutes until softened.

Add spices, fresh tarragon, tomato paste, canned pumpkin and three tablespoons of flour.

Stir to combine, then add 1/2 cup white wine and 1/2 cup sherry.

Turn up the heat to medium-high until half the liquid is evaporated, then add 6 cups lobster stock and bay leaf.

Simmer ingredients together over low heat for 1 hour, then use immersion blender or countertop blender to blend contents of stockpot. If using a countertop blender, allow stockpot contents to cool before blending.

Blend until creamy. A strainer can be used to achieve the right texture if your blender is not powerful enough.

If using a countertop blender, return to stockpot.

Taste the contents and add salt and pepper to your preference. Add 1 cup heavy cream to hot stockpot contents and stir to mix.

Remove lobster meat from refrigerator and chop into 1-inch pieces.

When plating, add bisque to bowls, top with lobster meat, and garnish with pepitas (optional).

Serve with toasted sourdough and enjoy.

Recipe from [Fishful Future](#)

Photo courtesy of Emily Miller

Species Group
Crab, Lobster